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« SEE PAGE 11

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wickedlocalcohasset.com

Vol. 35, No. 4 \$2

WHAT'S INSIDE

LATEST NEWS

Plans presented for animal hospital

Crazy Paws could occupy old Smith Appliance

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GIMME SHELTER

By Erin Dale
edale@wickedlocal.com

The site plan review has been continued to 7 p.m. during the Wednesday, Jan. 29 Planning Board meeting.

It's often said that when one door closes, another one opens – and sometimes, it happens right next door.

That seems to be the case for an animal hospital that was voted down in a previous

location by the Dec. 10, 2012 Special Town Meeting.

Veterinarian Fawn Stevenson, owner of Crazy Paws on Pleasant Street, is hoping to open an animal hospital on Route 3A. She tried to open

one at 240 King Street in 2012, but it would have required a change in the town's zoning bylaw – this year, she is trying again but next door at 234 King Street, the old Smith Appliance building.

Building an animal clinic at the first proposed location would have required a bylaw change, which the 2012 Special Town Meeting (STM) was not up for altering. The town's zoning law concerns the buffer

required for agricultural businesses such as farms, stables and kennels, and also includes veterinary hospitals in the mix.

The bylaw requires such structures be built at least 200 feet away from the lot line of abutting residences. The bylaw change pitched to the

SEE ANIMAL HOSPITAL, 4

PAGE 21



EYES ON OWLS

GREEK FOOD AND FAMILY

Olympus Grille
opened in September

By Erin Dale
edale@wickedlocal.com

ON a blustery winter's night, after a long day at work followed by a long commute, few things are better than a hot, home-cooked meal – especially when someone else is doing the cooking.

The Olympus Grille, located in the Old Colony Square plaza along Route 3A (Chief Justice Cushing Highway) offers fresh, authentic Greek food, from gyros and kebabs to falafel and spanakopita (spinach pie).

While the menu offers all kinds of sandwiches and pizza, even healthier options abound, such as salad, baked vegetables and grape leaves stuffed with rice.

The family-owned and operated restaurant opened in late September. Owner Steve Karavasilis works alongside his mother, Anastasia, who grew up in Macedonia, and his brother, Jordan. The men are natives of the South Shore.

Steve said he came into the food business naturally, with his parents previously owning restaurants in Carver and Weymouth. While the other businesses ranged from a diner to a pizza and sub shop, with Olympus Grille the Karavasilises were aiming for something different, said Steve, serving the Mediterranean food they grew up eating at home.

This restaurant's cuisine places an emphasis on healthy, fresh fare. Popular choices include lamb skewers or grilled chicken gyros, while falafel and the Mediterranean wrap are top

SEE OLYMPUS, 5



Olympus Grille owner Steve Karavasilis at his popular eatery at Old Colony Square off Route 3A. STAFF PHOTO/CHRIS BERNSTEIN

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FARM WALK

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GateHouse Media
New England



Raising awareness of 'Grandparent scam'

What:
Have your grandchildren been arrested? The Cohasset Police say, leave them behind bars!

Why?
If you receive calls requesting bail money for your grandchild, hang up! This is an attempt to scam you out of thousands of dollars.

What's really going on?
According to the police, these "grandparent scams" are nothing new. An imposter, often from another country, preys on the elderly by making phone calls pretending that their grandchild has been arrested and requires bail money. The imposter then asks them to wire the money or they may even ask for personal bank information or Social Security numbers. A recent Hingham incident involved someone from the Dominican Republic trying to get money wired there, while telling the Hingham resident that their grandchild was arrested in Rhode Island.



Look for these posters around town raising awareness of the infamous scam. COURTESY PHOTO

What should you do?
If you receive such a call, hang up and dial 9-1-1 or call the Cohasset Police dispatch at 781-383-1212. Officers will confirm that your grandkids are OK.

Protecting elders:
Cohasset Police Officer Chris Dias said that the police department is partnering with Cohasset Elder Affairs to protect local grandparents from falling victim to this scam.
"It's a privilege to work with Elder Affairs and our senior citizens," said Dias. "As a department, we will aggressively go after anyone who will try and take advantage of them." Dias said that while there have not been any recent incidents reported in town, it has happened many times over the past several years, although many Cohasset seniors have been savvy enough to hang up on the imposters and alert the police. The same awareness should be taken with emails asking for money. The Cohasset Police Department asks that you let them know if you have any tips on this scam.

CENSUS

Data helps school district

By Erin Dale
edale@wickedlocal.com

It's a new year, and that means that it's not only time to make good on those New Year's resolutions – it's also time for the annual town census.

The 2014 town census forms have been mailed out to every Cohasset household. These must be filled out and returned within 10 days.

Officials, particularly on the school side of operations, are trying to get the word out on why collecting census data is crucial. For the schools, census information is used to project future enrollment and classroom space needs.

Statistics on children are taken for the School Committee, providing it with data on current enrollment as well as present and future school population.

Superintendent Barbara Cataldo explained that last year, kindergarten enrollment was much higher than anticipated, resulting in the last-minute addition of another class for the current school year, and the hiring of a new teacher.

"We want to make sure we meet everyone's needs – the students come first," said Cataldo. "That's the biggest thing to me."

The superintendent said that based on early census returns, the school district is already predicting a higher volume in kindergarten enrollment. "It's higher than normal this time of year," she said, adding, "Maybe because we've been advertising the census, hoping to get a more accurate count."

Cataldo said that enrollment appears to be up at most grade levels, so the district will have to look at staffing levels, although "we look at it every single year because of the fluctuation. The last two years have been more of an upward trend; almost every grade went up... We definitely have some spikes."

SEE CENSUS, 4

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SEPA

PICTURE THIS

The Mariner caught up with Michael O'Dea at the Recreation Department Office at Town Hall this week. Mike is the assistant director of the Summer Xtreme program. For more about Summer Xtreme, see page 26. PHOTO/MARY FORD

Michael O'Dea

Name: Michael O'Dea.

Occupation: Assistant Director-Cohasset Summer Xtreme program and student.

Best day of your life: Every day.

Best vacation: Annual trips to Falmouth.

Favorite season: Summer.

Favorite holiday: Thanksgiving.

Favorite meal: My mother's pasta and meat-balls

Best book (or magazine): "The Masters: Golf, Money and Power in Augusta, Georgia," by Curt Sampson.

Best movie: "The Wedding Singer."

Best TV show: "Seinfeld."

Best music, group, or artist: O.A.R.

Pet peeve: People who slurp their soup.

Fun fact: I am an avid golfer (4 or more out-ings a week in the summer).

Goal: Be the best middle school teacher I can be.

Person you'd most like to meet: Tom Brady.

Biggest worry: Student loans.

Best part of Cohasset: The wonderful staff and kids at Cohasset Recreation that I have the privilege to work with during the summer.

GOVERNANCE COMMITTEE

Public Forum on Bylaw changes Jan. 23

The Cohasset Governance Committee invites all Cohasset residents to an open public forum at 7 p.m. Thursday, Jan. 23, at the Cohasset Middle High School Community Meeting Room/Superintendent's meeting room.

The purpose of the meeting is to review the first complete draft of the Governance Committee's recom-mended adjustments to the Town Bylaws in order to bring relevant sections into compliance with the Town Manager Act, as recently amended. The Governance Committee seeks input from the public prior to finalizing the proposed changes. Once finalized, the proposed by-law changes will be presented as a warrant article and voted on at the Annual

Flu vaccine still available

Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, you should get one now. A flu vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications.

Cohasset Public Health Nurse, Mary Goodwin, still has vaccine available. Her office hours are Monday, Wednesday and Thursday from 8:30 to 11 a.m. located in the Town Hall. No ap-pointment necessary. Bring your health insurance cards. For more information call 781-383-2210 ext. 130.

South Shore Tide Chart									
COHASSET HARBOR (WHITE HEAD)									
JAN. 2014		HIGH		LOW					
		AM	HGT. PM HGT.	AM	HGT. PM HGT.	SUNRISE		SUNSET	
Thursday	16	11:17	9.3	11:49	8.4	4:56	0.7	5:29	-0.1
Friday	17	11:55	9.3			5:36	0.6	6:06	-0.1
Saturday	18	12:25	8.5	12:33	9.2	6:15	0.5	6:43	-0.1
Sunday	19	1:02	8.5	1:11	9.1	6:55	0.5	7:20	0.0
Monday	20	1:39	8.6	1:50	8.9	7:36	0.6	7:59	0.1
Tuesday	21	2:18	8.6	2:32	8.7	8:19	0.7	8:41	0.3
Wednesday	22	2:59	8.6	3:17	8.4	9:05	0.7	9:25	0.5
Thursday	23	3:44	8.7	4:07	8.2	9:55	0.7	10:14	0.6

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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OUR PHOTOS

Check out our pho-tos in color of the "Eyes on Owls" program at the Paul Pratt Memorial Library.

HEALTH CARES

Joan F. Wright of the Norwell NVNA and Hospice writes about health care in her com-munity blog.

POLICE FIRE SCANNER

Log on to hear the latest po-lice and fire news from Hing-ham and surrounding towns.

FACEBOOK

Find us on Facebook. Search "Cohasset Mariner"

GOT NEWS?

Submit your news, photos, announcements or sports in-formation online.

TOP 3 STORIES ONLINE

- Pipe break disrupts water service in Hull, Cohasset.
- Cohasset looks at redi-stricting commuter parking.
- Teen maintains emergency team's social media.
- GIRLS HOCKEY: Cohasset-Hanover rallies to tie Scitu-ate.
- POLITICAL PERCH: Why Massachusetts lags in elec-tion reform.

BRIEFLY

SSCC to hold annual meeting

In accordance with Arti-cle V, Section I of the by-laws, notice is hereby given to the members of the South Shore Community Center, Inc. that the Annual Meeting will be held on Tuesday, Jan. 21, 2014 at 7 p.m. at 3 North Main St., Cohasset. Only active mem-bers shall be entitled to vote.

RTF news

Christmas trees and wreaths may be brought to the DPW parking area. Re-move all wires and decora-tions.

Wrapping paper may be placed in the newspaper bin.

Mariner drop box at Tedeschi's

The Cohasset Mariner has a "drop box" and pickup location at Tedeschi's in the village. The drop box is on the counter in the front window around the corner after you enter the front door.

The Mariner picks up at 8 a.m. on Mondays and Tues-days. The drop box can be used to drop off glossy pho-tographs, letters, flyers or other editorial copy.

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THINK BEFORE YOU STRIKE.

POLICE BEAT

Window tint can result in a citation, hefty fine

By Mary Ford
mford@wickedlocal.com

Window tint

At 1:17 p.m. on Wednesday (Jan. 8), police gave a verbal warning to a motorist on Chief Justice Cushing Highway (Route 3A) for excessive window tint.

Police explained that window tint has to allow more than 65 percent of light through. If you have a vehicle with tint that blocks more than 65 percent of the light, you can get a \$250 citation and insurance surcharge. There are exceptions to this law for police cars, livery vehicles, and vehicles from out of state.

The Cohasset Police Department has three tint meters for officers to use. The meter reads how transparent the windows are and gives the officer the percentage. Tinted windows are an officer safety concern. A good way to check to see if your windows are too dark is to hold your driver's license against the window and attempt to read it. If you cannot read it through the tint, your windows are too dark, police said.

Cohasset marked police cars do not have tint except for the K-9 car whose windows are tinted to keep the heat out, police said.

Expired license

An officer on patrol on Monday (Jan. 6) around 7:30 a.m. observed a 2008 Volvo SUV go through the red light at upper King Street at Stop & Shop and make a left on Route 3A to head north. The officer pulled the vehicle over in the parking lot off Route 3A. A check through the Registry of Motor Vehicles database revealed the operator, a 40-year-old Scituate man, had an expired license. Police said the man was aware that his license had expired in November but had not gotten around to renewing it. He is being summoned to court for unlicensed operation and the red light violation.

The owner of the plaza where he was pulled over gave permission for his Volvo to be parked there so a tow was not necessary, police said. Police gave the man a ride to the train station.

Traffic lights

The traffic lights at Chief Justice Cushing Highway (Route 3A) and Pond Street caused a ton of headaches last week for police and motorists. The dispatch center fielded a bunch of calls about problems with the lights that were causing traffic backups all the way to Walgreen's.

Police said the lights were working intermittently (powering on and off) due to wiring that had become frayed due to the extreme weather. Mass DOT (Department of Transportation) came out to assess the situa-

tion and then sent a crew down to replace the overhead wiring. They also hired a Cohasset detail while the work was going on.

Parking spot

Police were called to Shaw's Plaza on Monday (Jan. 6) around 2:10 p.m. on a report of the hit and run in the parking lot. Investigation at the scene revealed there was no hit and run, but there was a verbal dispute between two men over a parking spot.

Suspicious letter

A 57-year-old Cohasset woman who had received a troubling letter went to the police station at 6:15 p.m. on Monday (Jan. 6) to report the note. The letter did not contain any threats but its contents were disturbing and although the notes was anonymous, it had apparently come from someone who knew the recipient. Police said the letter might have come from a former co-worker.

Metal taken

Around 10:30 a.m. on Wednesday (Jan. 8) police responded to a call from the caretaker at the Cohasset Yacht Club who had seen a couple of men in a blue pickup truck with wooden sides take some metal from outside the yacht club and drive off. While en route, the officer passed the truck matching the description and pulled it over on Atlantic Avenue. He identified the two men as a 34-year-old and a 25-year-old, both from Scituate. In the bed of the truck were four metal posts. The men admitted to having taken the posts from outside the yacht club property. They thought the metal posts had been abandoned and were for the taking. Police brought the pickup back to the yacht club where they men returned the metal posts to where they had found them.

The yacht club did not want to press charges and police said it seemed like an honest mistake on the part of the two men.

Marijuana

A 19-year-old Cohasset man was issued a \$100 civil citation for possession of an ounce or less of marijuana after police investigated a report of a suspicious vehicle in the Sandy Beach parking lot at about 2:40 a.m. on Thursday (Jan. 9).

Upon arrival police observed a 1999 Toyota Corolla sedan with two occupants parked in the lot which closes to the public at 11 p.m. As the officer approached, the two male occupants acted suspiciously as if they were trying to hide something, police said. In speaking to the occupants, the officer

could smell the strong odor of burnt marijuana coming from inside the car. Further investigation revealed a small plastic bag with the drug. Police issued the driver the civil citation, the drug was seized and the driver and the passenger, an 18-year-old Cohasset man, were allowed to leave.

Disturbance

Police responded to a report of a disturbance in a unit at the Avalon complex around 9:20 p.m. on Thursday (Jan. 9) that turned out to be an argument between a mother and son, police said. The caller said youths were banging on the walls and may be intoxicated. Police said the 19-year-old son was banging on the wall that adjoins two units out of frustration.

Debit card

Marylou's off Route 3A confiscated a debit card from a customer at the drive-thru last Friday (Jan. 10) after running it and getting the message to hold the card due to fraud activity. As it turns out, there was mistake at the customer's bank that is making it right with the card-owner, police said.

Medication

Police are investigating a report that pain medication was taken from a home on Jerusalem Road last Saturday (Jan. 11). The person missing the medication needed a police report in order to have the medication replaced.

Rock thrown

A Black Rock Road resident reported that someone threw a rock through the rear window of his 2002 Audi 4-door sedan. The resident discovered the vandalism and called police at about 7 a.m. on Sunday (Jan. 12). Later that day the resident notified police that he had found more rocks that had been thrown on his property.

Mailboxes

Police responded to a report at 8 a.m. on Sunday (Jan. 12) that the mailboxes #29 and #33 Cedar Street had been pulled out of the ground. The incident was logged. The mailboxes were put back up and were not damaged, police said.

Rooster

Police are checking with the Board of Health to see if there are regulations governing roosters in town. A Nichols Road resident complained on Sunday (Jan. 12) around 9:15 a.m. that their neighbor was not supposed to have a rooster. The rules on roosters may be different than those for chickens because roosters crow at dawn.

NEWS

Cohasset's new town manager started Monday

Cohasset's new Town Manager, Chris Senior, started working in Town Hall on Monday, Jan. 13. Senior came to Cohasset from North Hempstead, N.Y., where he has worked as the Deputy Town Supervisor since 2004.

Prior to his most recent position, Senior was deputy county attorney in Mineola, N.Y. He holds bachelor's degrees in journalism and economics from Boston University and a law degree from Hofstra University.

Senior's contract with Cohasset began on Jan. 13 and runs three years, with a clause that six months before it expires, the Board of Selectmen can discuss whether to extend it.

Senior's salary for all three years is \$148,000 with a clause allowing the selectmen to review and increase the salary. The town manager will accrue vacation at a rate of four weeks per year.

Senior is settling into his new role and spent his first few days in office meeting

with town department heads and getting the lay of the land. Friends of his from N.Y. provided a pizza and salad lunch for everyone in Town Hall on Monday.

Senior has attended town committee meetings this week, including the Tuesday night Advisory Committee meeting.

Check back in the Cohasset Mariner for a feature on the new town manager, coming soon.

BRIEFLY

Open air burning season underway

The 2014 Open Air Burning Season closed on Thursday May 1. Residences must obtain a permit to burn during the season, and register their permit number each day they wish to burn when burning is being allowed.

This year the Cohasset Fire Department will be using a web based system for residences to obtain and register their burning permit for the season. Residences can obtain their burning permit at the Town

of Cohasset web site www.cohassetmass.org. Once they are on the web site they can click on the burn permit link www.mktix.com/toco/burnpermit fill out the registration form and submit the \$10 fee for the permit via credit card. Once their payment has been received the system will generate a permit number for the residences to use for the entire 2014 Open Air Burning Season. Residences with validate permit num-

bers wishing to burn during the season will need to check the Town of Cohasset web site www.cohassetmass.org and click on the status link www.mktix.com/toco/status. This link will inform residences if burning is being allowed for the day and will allow residences to register their permit number for the day. Residents can start to access the burning permit links on the town web starting Friday, Jan. 10.

MARK YOUR CALENDAR

Magic show at Our World

Abacadabra! You'll want to "appear" at Our World for an exciting magic show. Our World Children's Global Discovery Museum welcomes back Boston magician Bonaparte, who is performing on Monday, Jan. 20 at 11 a.m. The event will be followed by free playtime and refreshments. The cost is \$20 per family. Our World is located at 100 Sohler Street, Cohasset, in the rear of the Paul Pratt Memorial Library. For more information, call 781-383-3198 or visit online at www.ourworldcgdm.org. For more information on Bonaparte, visit www.bonapartemagic.com.

BRIEFLY

School security update

The entrance to the high school is changing, following the implementation of a few new security protocols.

Following the receipt of a \$49,800 state grant to help fund increased security, the

high school has installed a new door and changed the lobby window to resemble a banker's window.

Superintendent Barbara Cataldo said that these changes were made over the

holidays. Next up is the addition of LobbyGuard, an automated sign-in kiosk for visitors.

Look for more on this in an upcoming edition of the Mariner.

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Before

Laurie Lobue, Client
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ANIMAL HOSPITAL

Continued from 1

STM sought to change the wording in the bylaw so that the buffer zone only applies to agricultural vets, not to vets treating domestic pets.

Stevenson explained at the time, "Old-time veterinarians used to have barns and livestock... That old bylaw is not applicable. This is more of a doctor's office."

Walk into Crazy Paws in the James Brook Crossing shopping center, which has been operating for over seven years, and one can see that barnyard animals are simply not the clientele. The clinic feels less like an animal hospital and more like a pet spa. Stevenson said that she has a similar vision for the walk-in clinic.

Since the amendment failed, however, Stevenson had to find a new location for her planned clinic. Plans for the new animal hospital were presented during a site plan review with the Planning Board on Wednesday, Jan. 8.

The Planners voted unanimously to recommend their approval of the project to the Zoning Board of Appeals, pending some adjustments

The old Smith Appliance building will be transformed to hold doctor's offices, exam, recovery and waiting rooms, along with a reception area in around 790 square feet of space. Renovations will be done to both the building's front, which housed Smith Appliance, and the rear, which is a four-bedroom home.

with the proposed parking spaces. Engineer John Modzelewski, an advisor to the Planning Board, said he found the proposed spaces in the current design scheme to be "awkward."

Planner Clark Brewer said he was concerned for the safety of drivers turning left onto 3A while leaving the business. "I think most important issue regarding parking is the arrangement at the front and the safety vis-à-vis a state highway out front," said Brewer. "You may be able to reconfigure the parking area" by having a one-way entrance and exit.

Planning Board chair Stuart Ivimey noted that this "has never been a problem with Smith Appliance," and that he did not foresee the area experiencing an increase in traffic intensity.

Planner Charles Samuelson agreed. "I don't see this

being a huge change in traffic patterns, but we do have to be sensitive to that."

The site plan review has been continued to 7 p.m. during the Wednesday, Jan. 29 Planning Board meeting.

The old Smith Appliance building will be transformed to hold doctor's offices, exam, recovery and waiting rooms, along with a reception area in around 790 square feet of space. Renovations will be done to both the building's front, which housed Smith Appliance, and the rear, which is a four-bedroom home.

Modzelewski said that the particular building is "amazing," because "It's like two faces of some mythical creature - the front is Smith Appliance, while the back is a residential house that's really nice."

Look for more on this issue in an upcoming edition of the Mariner.

CENSUS

Continued from 1

When filling out the census, any member of the family who is a resident of your home should be counted - including those serving in the military, away at college or confined to a rest home whose legal residence is the same as yours.

The town's census package also includes a dog license

For the schools, census information is used to project future enrollment and classroom space needs.

application; all dogs must be licensed by April 30 each year, with the licenses valid through Dec. 31. The forms must be returned with a current rabies certificate.

The census also complies with state requirements and provides proof of residency, street listings, veteran's bonus-

es, protection of voting rights, senior citizen programs and related benefits. However, filling out the census form alone does not register you as a voter.

If you have any questions or need more information, call the Town Clerk's office at 781-383-4100 ext. 106.

Complete and return annual Town Census forms

The 2014 Annual Town Census forms have been mailed to every household in Cohasset. This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31, 2014. Dog forms need to be returned as soon as possible with a current rabies certificate.

Compliance with this State requirement provides proof of residency, street listings, veteran's

bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form, does not register you as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is primarily used to update the voting list, statistics on children are taken for the school committee, providing it with data on current enrollment as well as present and future school population. NOTE: The school committee uses the

annual census information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported and all dates of birth are accurate.

Any member of the family in the military service, away at college or confined to a rest home whose legal residence is the same as you your own should be included on this form.

If you did not receive a Census form, or if you have any questions about it, call the Town Clerk's office at 781-383-4100 x106.

DON'T MISS THIS

Kindergarten registration begins Jan. 28

Kindergarten registration for the 2014-2015 school years will begin on Tuesday, Jan. 28. Children who turn 5 on or before Sept. 1, 2014 are eligible. Registration will be at the Osgood School daily from 10 a.m. to 2 p.m. Parents

registering for kindergarten will be asked to indicate interest in full-day kindergarten or half-day kindergarten at the time of registration, but do not have to commit at this time.

Parents are encouraged

to register early to facilitate planning for programs; a birth certificate and proof of residency are required for kindergartners in order to register. Call the school office at 781-383-6117 if you have any questions.

DON'T MISS THIS

Fred Koed on Cable-TV

Co-hosts, Pat Martin and Mark DeGiacomo, are interviewing Selectmen Chairman Fred Koed as a guest on "Our Town." The show airs Friday at 9 p.m., Saturday at noon, and Sunday at 4 p.m.

and 8 p.m. on Comcast Channel 9 and Verizon Channel 37.

The show hopes to have new town manager, Chris Senior, as a guest next week.

LIBRARY CORNER

Participating in eBook pilot project

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. Call 781-383-1348 to register or for more information or visit the website at www.cohassetlibrary.org.

MA eBook Project - The library is participating in an eBook pilot project, which entitles Cohasset Library cardholders access to thousands of free ebooks and other materials. Read popular fiction and non-fiction titles or search titles for information for student reports and projects. Visit www.cohassetlibrary.org and click on the MA eBook

Project icon on the library's homepage.

Artist Reception - The South Shore Art Center presents an art exhibit by Mary Taylor at the Paul Pratt Memorial Library Jan. 2 through Feb. 28. Meet Ms. Taylor at a reception on Friday, Jan. 24, from 5 to 7 p.m. Free. Gallery hours are Mondays, Tuesdays, Thursdays 10 a.m. to 8 p.m., Wednesdays and Fridays 10 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m., and Sundays 2 to 5 p.m.

Library Book Group - Join others for coffee and

discussion of "In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin" by Erik Larson on at 10 a.m. Wednesday, Jan. 29. All are welcome.

Movie Matinee at the Library - Enjoy a free, daytime movie at the library. The film "The Notebook" starring Ryan Gosling and Rachel McAdams will be shown on Friday, Feb. 7, at 11 a.m. Free admission. Light refreshments generously donated by Shaw's of Cohasset. Rated PG-13; 124 min.; 2004.

THE BOSTON HOME SHOW

AT **cruiseport** massport

Cruiseport Boston, 1 Black Falcon Ave., is 5 minutes from the Boston Convention and Exhibition Center ... right on Boston's Waterfront!



Jan. 25th & 26th

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11am - 6pm

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For show or exhibit information, please contact
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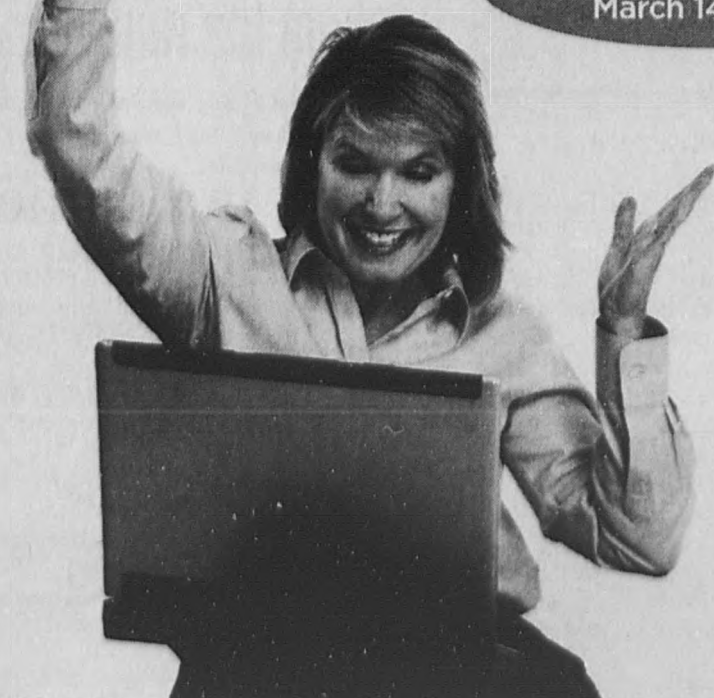
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CONTEST DEADLINE
March 14, 2014



WICKED LOCAL

Prize money can only be used for a school that advertised in the Preparing for Private School special section.



Olympus Grille owner Steve Karavasilis (L) with his brother Jordan (C) and mother Anastasia (R). STAFF PHOTOS/CHRIS BERNSTEIN

OLYMPUS

Continued from 1

vegetarian options.

Steve said that just over three months into opening, customers have "been receptive" to the new eatery. "They like the food. We get a lot of repeat customers."

Located a few doors down from a gym – the South Shore Athletic Club – the Olympus Grille attracts a health-conscious crowd. Case in point – Devon Noonan, the gym's manager, said she is at the restaurant every day.

"The food is fresh, delicious and healthy. The flavors are amazing," said Noonan, adding that she's tried "pretty much everything" on the menu over the past few months. "The chicken spinach wrap is my favorite this week."

For dinner, Noonan said that the prepared meals feature generous portions

of skewers, rice and a side salad, a healthy option for evening takeout.

"This is just what this town needed," she said of the restaurant. "It's not just another pizza joint; it's something more."

Steve said that when looking around at places to house Olympus Grille, Cohasset seemed to be a good fit, noting that there aren't that many Greek restaurants nearby. And even if there are, the Olympus Grille stands out – particularly with its orange interior.

Steve explained that the color is "burnt orange," and matches a photograph hanging up in the restaurant depicting a wall in Greece. The owner was very deliberate with the restaurant's décor.

"I designed the place and picked out the tables and chairs, and all the colors for the interior. I didn't want to do something cheesy,"

like the blue and white that is often synonymous with Greek establishments, Steve said.

Jordan agreed that Cohasset is a "great location," particularly in the Old Colony Square plaza.

"Every one of our neighbors is really supportive; each business helps each other out."

As for working with his brother and mother? It's all good, Jordan insisted. "It's a family business – that's part of the charm of this place."

Despite the stressors and pressures of the restaurant biz, Jordan said that they all work well together. "Everyone has separate roles to play."

And of course, they get to be surrounded by their own family's recipes all day long. "This is the food we grew up on," said Jordan.

In addition to gym-goers, the food has proved popular with the commuter crowd. "We encourage the pick up and go mentality, if you're coming off the train and don't have time to cook," said Jordan. "It's a healthy alternative to fast food."

There are plenty of meat-centric entrées, such as the baked lamb with roasted potatoes, string beans and salad. The menu is also full of vegetable dishes, and hummus, spicy feta, and tzatziki (cucumber) sauce to dress them in.

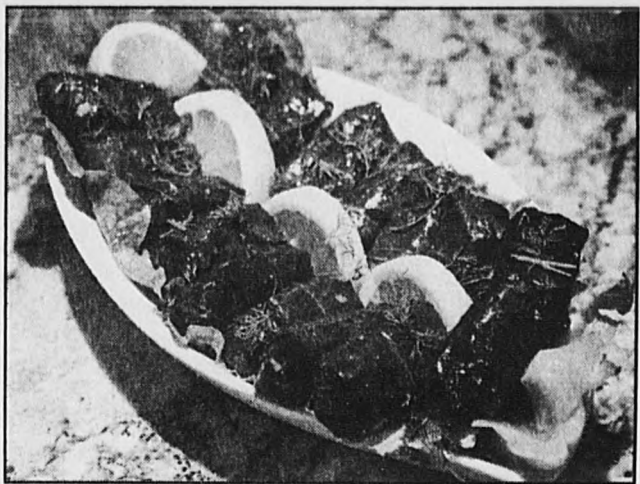
In addition to dine-in

and take-out, the Olympus Grille offers delivery and catering. Food is made to order, so calling ahead is encouraged. Food can also be ordered through the websites Foodler.com and GrubHub.com.

Olympus Grille is located at 132 Chief Justice Cushing Highway (Route 3A) open six days a week, Monday through Saturday, from 11 a.m. to 9 p.m. Call 781-383-1917. Visit online at Facebook.com/Olympus-GrilleCohasset.



Beef and Lamb skewers will satisfy the appetite!



Homemade stuffed grape leaves are delicious.



Gyro style sandwiches at the Olympic Grille.



The Wolford family, L-R, Emily, 10, Charlotte, 8, Caroline, 4, with their mother Aloka, enjoying lunch at the new Olympian Grille at Old Colony Square Plaza in Cohasset.

DEMOCRATIC TOWN COMMITTEE

Movie night features 'Inequality For All'

The Cohasset Democratic Town Committee will show its next movie, "Inequality for All," at the Cohasset Library, 35 Ripley Road at 7 p.m. Friday, Jan. 24.

This documentary follows economist, Robert Reich as he attempts to demonstrate the ever widening gap in the economy between the top 1 percent and the Middle Class. Reich was the Secretary of Labor under President Clinton and is presently UC Berkeley Chancellor's Professor of Public Policy. According to Time Magazine, Professor Reich is "one of the 10 most effective cabinet secretaries of the 20th century." Reich has written 13 books including the best-sellers,

This documentary follows economist, Robert Reich as he attempts to demonstrate the ever widening gap in the economy between the top 1 percent and the Middle Class.

"Aftershock" and "the Work of Nations." He is also a founding editor of the American Prospect magazine.

Since the '08 financial crisis and the rise of the Occupy Movement, the issue of income inequality has gained more awareness. According to Wikipedia, since before the last recession the U.S. economy doubled. According to this documentary those who gained were the top 1 percent of earners who

"now take in more than 20 percent of all income—three times what they did in 1970. "The 400 richest Americans now own more wealth than the bottom 150 million (Americans) combined."

The Los Angeles Times in a Sept. 26, 2013 critique of the documentary by Kenneth Turan says, "Reich is smart, funny and articulate. Robert Reich is the university professor we all wish we'd had. He's so accessible

and entertaining he takes a subject that sounds soporific and makes it come alive like you wouldn't believe in Inequality for All."

The movie is free and refreshments are served. A food donation to the Cohasset Food Pantry would be welcome.

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FRIDAYS AT FIRST PARISH

Fun program of dances and games

As part of its series of Family Fun Nights, First Parish on the Common is pleased to announce that Mr. Dykas of the Osgood School will present a fun program of dance and games for the entire family on Friday, January 31st in the Parish House at 25 North Main St. (home of the Carriage House Nursery School)! The evening

will commence at 5:30 p.m. with pizza and salad (BYOB for adults), followed by Mr. "D" himself at approximately 6 p.m.

First Parish is asking for a donation of \$5 per family to partially offset the cost of food; Mr. D is generously donating his time (any donations above \$5 will be gratefully accepted and will be given to a local

charity). This is a perfect opportunity to avoid cooking a Friday dinner by getting out of the house so that children can play with each other and you, the parents!

Please RSVP to admin@firstparishcohasset.org by Thursday, Jan. 30th, so that we may obtain the correct amount of food.



Cruiseport Boston, 1 Black Falcon Ave., is 5 minutes from the Boston Convention and Exhibition Center ... right on Boston's Waterfront!

Jan. 25th & 26th

TheBostonHomeShow.com

Saturday
11am - 6pm

Sunday
11am - 5pm

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For show or exhibit information, please contact Pat Hoey Productions at (800) 533-0229

AROUND TOWN

MLK Jr. Breakfast is Monday



JENNIFER PIEPENBRINK

Village

I want to talk about life, community and caring. This past week has brought the news to the family and friends of the deaths of loved ones in and from our community. Mr. Rodriguez, Mrs. Cahill, Clover O'Toole Weinstein and Jimmy Lydon being four of them and my thoughts and prayers are with all families. As we all know, with life comes death and the sadness, grieving and feelings that come with the loss can be so overwhelming. Whether the death is expected or sudden at a young age, mid-life or as a senior citizen it is never easy and brings family and friends together to help those left behind. As a community, it shows the ability to put aside differences for a time, bring together so many who have memories and stories to share and the caring for the families left behind. That is what "It takes a village" means and I am watching first-hand how strong our Village is and am so honored to be a part of this strength.

A Village consists of many people from all woks of life and whether or not you drive an old, junker of a car or live in a million dollar home, are single, married, employed or not, everyone is able to come together to help those in need. Imagine that happening in day-to-day life...being able to offer opinions, ideas and allowing all to be heard while working together instead of criticizing, tearing apart and hurting each other? Is this a dream or me having wishful thinking? Maybe but over

the past week and looking ahead at the "Village" of caring, wonderful people, I think it is definitely there. Life changes so fast at any time and what is said or done at any moment turns into a memory as soon as the next moment happens. Let's work more on being a Village and embracing the moments so that the memories are ones to be proud of.

Gratitude

I have been asked by the family of Jimmy Lydon, who passed away suddenly on January 9th, to express their gratitude and appreciation to the many friends, former CHS Classmates and community members for the huge outpouring of love, meals and support. It has helped them get through these hard days and they want to say thank you. RIP Jimmy, you will be missed and remembered each day.

Food pantry

Cohasset Chiropractic is pleased to announce that they will present the first annual, "Family Fun FOODraiser for the Cohasset Food Pantry." Rob Peck, presenting FOOLSPROOF, will be there and is a fun for the whole family new Vaudeville Variety Show that Defies Gravity and Invites Audience Participation.

Rob Peck is both a clown college trained variety entertainer and professional motivational speaker and has entertained families for years. The show will take place on Sunday, March 2nd at 2 p.m. at Cohasset Middle High School Auditorium.

The admission to the show is FREE with a bag of food to donate to the food pantry. March is a challenging month for the Cohasset Food Pantry and we look forward to packing their

shelves this year! In order to ensure the show is a big success, they need some support from local businesses and organizations. Help will also be needed to transport the donations from the school to the pantry. If you have any questions or would like further information about the show, the food pantry's needs, or how to help, please call Dr. Lisa Lewis at 781-923-1226.

MLK Breakfast

The 2014 Dr. Martin Luther King Jr. Breakfast is Monday, Jan. 20, from 9-11 a.m. This ecumenical, interfaith event is being hosted by First Parish at the Parish House, 23 North Main St.

This year's honored guest and keynote speaker will be Senator William "Mo" Cowan. Senator Cowan represented the Commonwealth of Massachusetts as interim United States Senator, filling the vacancy created when John F. Kerry was appointed United States Secretary of State.

A pancake breakfast will be served from 9-10 a.m. followed by the keynote speaker / program from 10-11 a.m. This well-attended event is celebrated by the local community. Admission cost is \$5 per person or \$15 per family. Childcare is provided. For more information, please contact Connie Afshar at 781-383-6006.

Senior Center

Here are some wonderful new programs at Cohasset Elder Affairs!

Sit to Get Fit: Thursdays from 10 to 11 a.m. Improve upper and lower body strength, flexibility and coordination. Works for many level of fitness. An exercise physiologist instructs this program to help you reach your individual goals. Class is being offered at an intro-

ductory price of \$4.

Massachusetts Assistive Technology Loan Program - A representative from the Massachusetts Assistive Technology Loan Program will discuss a program the opportunity to purchase assistive devices and services at 11 a.m. Wednesday, Jan. 22. Assistive Technology (AT) includes any device that helps a person achieve greater independence and lead a more productive life. The program takes place at 3 North Main St. Lunch prepared by perennial favorite, Cohasset Pizza House will be served after the program.

Dean's List

This is awesome news and huge congratulations goes out to Northeastern University undergraduate Paige DeSisto who has been named to the Dean's List for the fall term. In order to be included in the Dean's List, students must maintain a GPA of 3.5 or above. Paige is the daughter of Todd and Laura DeSisto and is a 2011 graduate of Thayer Academy.

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 5 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

LIFE AT CHS

Coming out of hibernation



MATTHEW MACCORMACK

This week was analogous to the Energizer bunny; it just kept going and going and going...

With the end of second term looming, the two weeks preceding the January 24th term switch have been a tad bit hectic, with many students having to address final projects, presentations, and tests. From slideshows, to formal speaking presentations, to Finals, CHSers will encounter all sorts of obstacles in the home stretch of the first half of the year. But what do we really have to complain about? The weather is pleasantly unseasonable, the sports teams are, for the most part, killing it, and the next few weeks at CHS hold a slew of opportunities.

Although this week was a bit dormant, the hibernating bear that is the student body will soon awaken. The Semi-Formal Dance is scheduled for next Friday, and the Senior planning committee has chosen a "Great Gatsby" theme for

the evening. I will provide more details on Semi as we get closer, but it is sure to be a fantastic time.

In addition, Cabaret is returning on February 6th at the Red Lion Inn. This Cohasset High staple will feature several band and chorus classes showing their stuff, as well as individual performances from CHS' especially talented musicians and performers.

And, of course, Cohasset students are excited about the upcoming three-day weekend. Although having the extra day off is certainly a blessing, let us not forget the reason for this Monday holiday. You could throw a thousand clichés out about how great of a man Dr. Martin Luther King Jr. was, but the truth is this; there has never been a more noble man fighting for a more just cause than MLK. So, while we enjoy our Monday off, remember, it's all about Dr. King!

Well, that's all for now Cohasset. Hope everyone has a fantastic long weekend, and remember, as always, to keep it classy Cohasset!

Matthew McCormack is a senior at Cohasset High School and a regular contributor to the Hingham Journal.

SAVE THE DATE

CHS Cabaret

The Cohasset Arts Boosters and the Red Lion Inn present the Annual Cohasset High School Cabaret: A Music and Art Showcase.

Join CHS performers on Thursday, Feb. 6 at 7 p.m. for a night of music and art in the Barn at the Red Lion Inn.

Ticket prices are to be announced. Look for more on this in an upcoming edition of the Mariner.

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Fill out form and mail to: The Cohasset Mariner
73 South Street, Hingham, MA 02043
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or email it to mford@wickedlocal.com
Nomination Deadline: Friday, Feb. 14 at 5 p.m.

COMMUNITY
CENTER**SSCC annual
meeting is
January 21**

In accordance with Article V, Section I of the bylaws, notice is hereby given to the members of the South Shore Community Center, Inc. that the Annual Meeting will be held on Tuesday, Jan. 21 at 7 p.m. at 3 North Main St. Only active members shall be entitled to vote.

**Apply to
nursery school**

South Shore Community Center Nursery School, 3 North Main St., is currently accepting applications for two, three, four and five Half Day Pre-School Programs

They also offer a wide variety of quality extended day options to meet individual family needs.

Email or call to arrange a tour of the school at 781-383-0036 or email amad-den@southshorecommunitycenter.com.

**SSCC Puppet
Show Jan. 24**

Pumpkin Puppets return to the South Shore Community Center at 10 a.m. Friday, Jan. 24, at the Gym. "Peter Rabbit" will be performed. The show is for children ages 3 to 5. Cost is \$5 per person at door.

GIMME SHELTER

Emma is a girl with attitude

PAULA J. FATERSIK

Sometimes there are cats who arrive at the shelter and do not immediately find that special someone. Months may pass, and then a year or so, and they watch all the comings and goings no doubt feeling quite ignored. Some retreat to cubbies, but others show their big personalities, for better or worse, and hope! Hope that someone will accept them for who they are.

Meet Emma. A resident here at Hull Seaside for about four years or so, she is quite the character. Okay, Emma is more than that. This quirky, five-year-old tuxedo feline is a pistol. She truly wants to be the recipient of your attention. When you spend time with the other cats in her room, she may just gaze over with disdain. After all, she has been here for a while and is being overlooked once more. But there is a funny and devilish girl inside and with some dedicated one on one attention you will see it for sure. For a while, Emma enjoyed life as the "office cat" but her take over antics meant spending more time in a communal room.

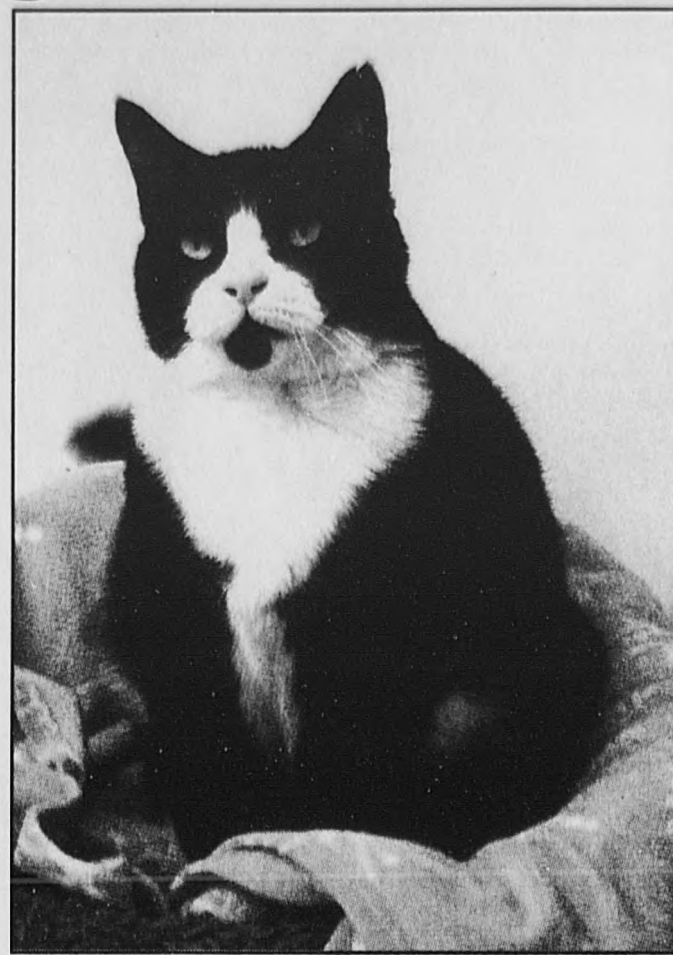
Emma has a penchant for play. If it moves, she is on it! Honestly, she will chase a laser light halfway up a wall and run from one end of the room to the other over and over. Another favorite activity is pouncing on and batting felt wand toys. She finds these particularly entertaining and will roll around, reach out and play like a kitten. She has missed that in her life and it is the one thing we try to satisfy when spending time with Emma. After all the play, she is content to curl up and take a long catnap.

Right now, her likes and dislikes are pretty familiar to us, and while she may not be looking to sit in your lap, it could be a goal! Frisky, playful and sassy, Emma will let you know when enough is enough. Or if she thinks she is not getting enough attention, she may let you know that too by wrapping herself around you and giving a good love nip. This means Emma's best match would be an adult home with no small children.

On a few occasions, Emma has taken field trips to Petco Unleashed in Hingham and she loves being out in public! You may have seen her there with Cindy and Jamie who have had a great time working with her. Special cats need special people in their lives to help them become the wonderful pets and companions they can be. And what's wrong with a big personality? Nothing! Come on in and spend some time with and learn about Emma. She deserves a chance.

Please call Judy at 781-534-4902 for more information on our Emma. Hopefully, the opportunity to be in a real home will come true for her. Sometimes, it takes a village and then some. There may be a perfect fit out there for Emma. We just need too find that person or couple!

**New Open Hours have been added on Thursdays from 11 a.m. to 12 noon! If this fits your schedule please come in. We are located at 50 L St. Our standard Open Hours are Monday evenings from 6:30 to 7:30 and Saturdays from 2-3 p.m. You can see more of our wonderful adult cats and kittens who are waiting for their best match and home by visiting www.HSAR.org and



Special cats like Emma need special people in their lives to help them become the wonderful pets and companions they can be. COURTESY PHOTO

This quirky, five-year-old tuxedo feline is a pistol. She truly wants to be the recipient of your attention.

clicking on Available Pets. On Petfinder.com you will see more photos and information. Just enter our zip code, 02045.

This week is our Dining for a Cause event, thanks to Girl Scout Troop 88078! These awesome girls deserve a huge thanks so please come out and show your support for their effort and for our kittens and cats. Flyers and vouchers are now available! The Ninety-99-Nine Restaurant at 428 Lincoln St. (3A) in Hingham will donate a generous 15 percent of net sales of take-

out or dine in meals to Hull Seaside Animal Rescue on Tuesday, January 21, from 5-9 p.m.! Please come by The 99 and present the flyer/voucher to help us keep providing the best care we can for the homeless felines in our shelter.

We are so thankful and honored to have been chosen by Girl Scout Troop 88078 to receive this wonderful gift which will provide support for Hull Seaside Animal Rescue. Please check with the shelter at 781-925-3121, visit our Facebook page or check our

website at www.hsar.org for more information about printing or picking up flyers and vouchers. Please follow us on Facebook for new information and updates.

What a wonderful gift arrived at the shelter this week! Handmade crochet and knitted sleep mats in all colors and blends from Eagle Eye Crafts' Marlys D. Vaughan, from Salem, were delivered to our door on Monday and how beautiful they are! These are the special surprises that bring so many smiles and provide comfort and a personal touch to the rooms here that are shared by our cats. It is always nice to hear how nice things look from our visitors and adopters and now we have some very special new items to create a warm and pretty atmosphere. Thank you Marlys for caring so much. You can visit her site ateagleeyecrafts.com.

Thank you to all of our volunteers for making it through the hectic holiday schedule, plus the snow and rainstorms, to continue helping to keep the shelter up and running! It is a group effort and we are so grateful to everyone who has chosen to give of their time to be there for our feline residents. Little meows, anticipatory looks and general cat joy abound when shift workers and socializers arrive. It is a special bond that the animals here appreciate as they await their chance for a forever home. And to all of our foster homes, thank you for taking in those litters of kittens and other cats who need special care and attention.

Paula J Fatersik is a volunteer and feature writer for Hull Seaside Animal shelter and can be reached at pjfatersik@gmail.com

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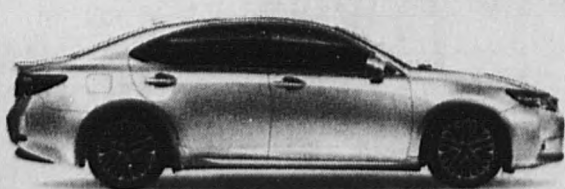
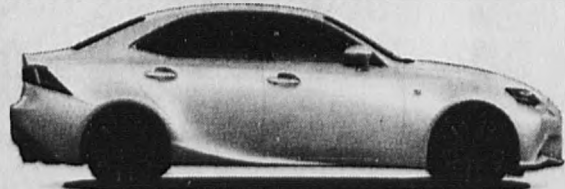
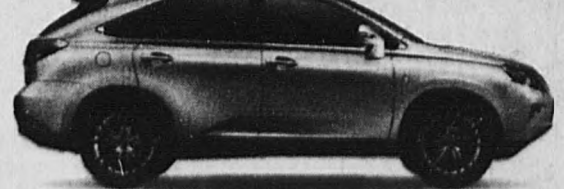
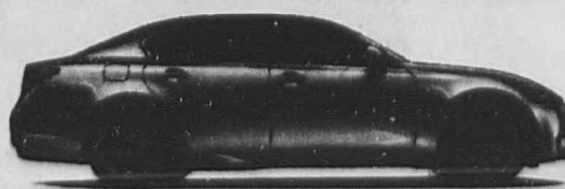
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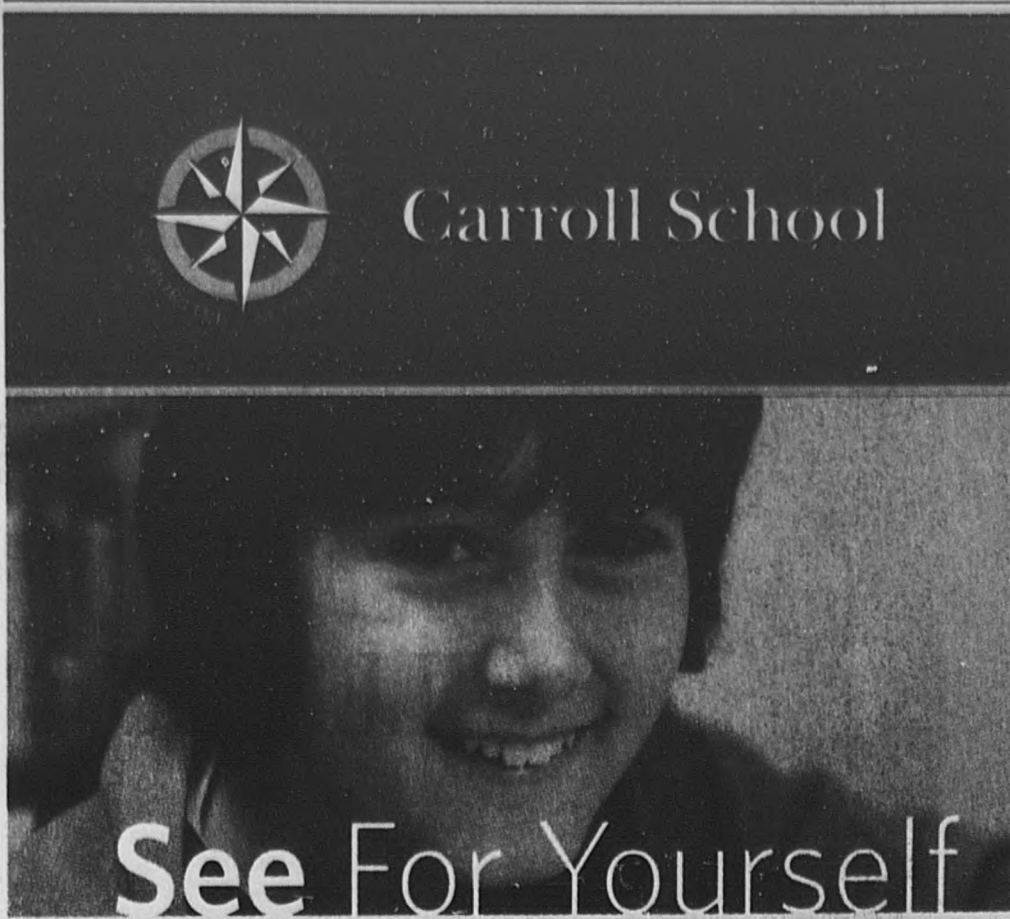
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Lower School Open House (GRADES 1-5)

January 26th from 2-4 pm

WALTHAM CAMPUS

Middle School Information Sessions (GRADES 6-9)

January 24 and February 28 from 9:30-11:30 am

LINCOLN CAMPUS

Summer@Carroll Open Houses

(GRADES 5-9)

January 22: 6:30-7:30 pm

LINCOLN CAMPUS

(GRADES 1-4)

January 26: 2-4 pm

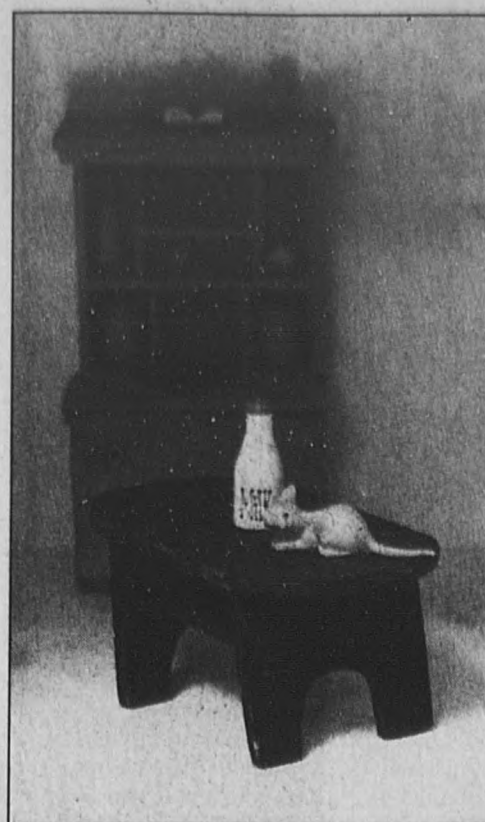
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DON'T MISS THIS



Detail from "Joanne's Doll House" crafted by Frank Pattison in 1949 as a replica of a family home at 10 Joy Place. STAFF PHOTO/CHRIS BERNSTEIN

Dollhouse exhibit extended

The Cohasset Historical Society knows it's the little things that count. The society is expanding the popular Dollhouse Exhibit through the month of February.

There are several dollhouses on display in the Pratt Building, most of which were built in Cohasset. Items from the society's vast textile collection showcase the era of each house.

The exhibit highlights Carlo and Barbara Conte's dollhouse furniture and Marion Winsor's "Little Doll Company," which was based in Cohasset.

The dollhouse exhibit runs through February at the Pratt Building, 106 South Main Street, Cohasset, from 10 a.m. to 1 p.m., Monday through Friday.

For more information, call 781-383-1434, email cohassethistory@yahoo.com, or visit online at www.cohassethistorical-society.org.

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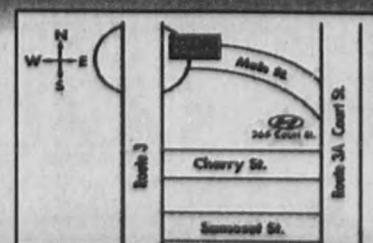
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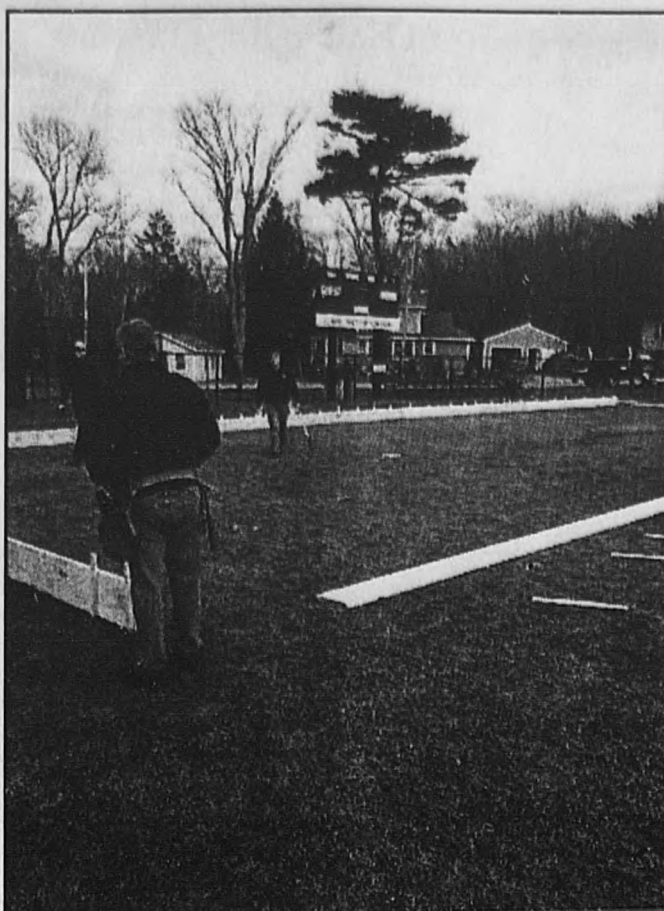
Ball Park Skating Rink

By Merle Brown
Special to the Mariner

Thank you volunteers on behalf of the residents of Beechwood who help build the skating rink on the Beechwood Ball Park. Thanks also goes to the Recreation Department for the money to build the rink.

Two of our area carpenters led the building of the rink; they are Glenn Davis and Mark Loughlin with additional volunteer helpers from the area, Doug Conroy, Derek Grudinskas, Doug Lankow, Mike Hession and Tim Burnieika.

The weather was on their side and the snow had melted. The temperature was in the middle 40's with a slight brisk wind. Let's hope we get some cold weather before it snows again. This should be a great place for young and old alike to enjoy skating day and night (there are lights for night skating).



Scene from the building of the skating rink on January 12.
COURTESY PHOTO

SCHOOL NOTES

Open house and preschool signups

Preschool registration for the 2014-2015 year begins on Tuesday, Jan. 21. Children who turn 3 or 4 by Sept. 1, 2014, are eligible to register for the Osgood Preschool Program, which is held 4 days per week (Monday through Thursday) for 1 1/2 hours. Entrance to the preschool program is based on a lottery system. Registration applications should be returned to the Osgood School no later than Monday, Feb. 10. The lottery will be held on Tuesday, Feb. 11 and parents will be notified immediately following. A deposit will be required to hold a space for those selected. A birth certificate and proof of residency must accompany applications.

A Preschool Open House for Parents will be held at the Osgood School on Friday, Feb. 7, from 10:30 to 11:15 a.m. Parents will have an opportunity to meet preschool teachers and support

staff and to view the classrooms and facilities. Call the school office at 781-383-6117 if you have any questions.

Kindergarten registration

Kindergarten registration for the 2014-2015 school years will begin on Tuesday, Jan. 28. Children who turn 5 on or before Sept. 1, 2014 are eligible. Registration will be at the Osgood School daily from 10 a.m. to 2 p.m. Parents registering for kindergarten will be asked to indicate interest in full-day kindergarten or half-day kindergarten at the time of registration, but do not have to commit at this time. Parents are encouraged to register early to facilitate planning for programs; a birth certificate and proof of residency are required for kindergartners in order to register. Call the school office at 781-383-6117 if you have any questions.

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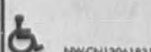
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NEWS

Digging into FY15 budget

By Erin Dale
edale@wickedlocal.com

It's only a few weeks into the new year, but the Fiscal Year 2015 budget is already in the works. This week, the Advisory Committee took a hard look at numbers that were presented in the budget, which was prepared by former Acting Town Manager Michael Milanowski before his Dec. 31 departure. Milanowski is now Town Administrator in Carver. Cohasset's new Town Manager, Chris Senior, started working in town on Monday, Jan. 13.

Advisory chairman Peter Pescatore said during the Tuesday, Jan. 14 Advisory meeting that he was surprised that Milanowski's budget "ended up in the newspaper before it was looked, vetted or otherwise kicked around."

Milanowski discussed the budget he prepared with the Mariner, and also provided copies during one of his last Board of Selectmen meetings in Cohasset. The matter fell under the Town Manager update and was not further discussed by the selectmen.

Pescatore went on to point out instances in the proposed budget that are not in line with past town budgets. Specifically, the chairman took issue with an estimated \$1,289,723 in anticipated new revenue in FY15, nearly double the FY14 new revenue amount of \$608,148.

The revenue is split between the school district and town departments, 61-39, respectively. Of the \$1.2 million, the schools would have \$786,731 while the town would have \$502,992. Based on previous years' numbers, Pescatore said that this "looks to be twice what the normal allocation would be."

New revenue has not been plugged into the town's base budget historically, Pescatore explained, but is rather seen as one-time revenue. "I can't see how we would expect to put that into the department base with a straight face."

Finance Director Mary Gallagher said she hoped the surplus would not be one-time monies, but Pescatore noted that since it's an election year, there is going to be a facelift in the administration of the state government.

In other words, when it comes to state monies, there are no guarantees.

"Who knows what it will look like" next year, said Pescatore, later on pointing out that in the FY16 budget, the numbers drop back down, with an estimated \$568,177 in new revenue to be split between the town and schools.

The Advisory chair added of

the FY15 budget, "The new town manager is probably seeing this for the first time. It's something that needs to be worked on." Pescatore asked the selectmen who were in attendance whether or not they had seen this budget.

Selectman Steve Gaumer said that the acting town manager presented the budget, which was "in his job description, adding that however, "We have not as a group reviewed the budget. At this point it goes through the process."

Pescatore clarified that process, noting that the Budget Planning Board is the group "that's going to vet the macro budget," once Senior has had a chance to dig into the budget and make some decisions. The Advisory chair reiterated, "As a draft, this is very inconsistent with the way we've been budgeting... This draft has obvious problems."

Senior said that he will attempt to work through the budget as soon as possible. "I know time is of the essence," he said. "I've jumped in with both feet."

School budget

On the school side of the budget, Pescatore took issue with the almost \$800,000 the schools estimate to have in available revenue in FY15, up from \$370,970 in FY14. School Business manager Dave DeGennaro said that the number has already been lowered since the initial estimate.

Superintendent Barbara Cataldo pointed out that the school district has grown by 120 students in two years. In her third school year working in the district, Cataldo said that the schools have "worked hard to meet the budget" while fulfilling a high standard for services. "The costs of education are increasing," she added, including new technology mandates from the state that cost money to implement.

Pescatore said that he was not arguing about spending the budget, but rather over whether the schools needed the \$800,000 being projected for FY15. Pescatore pointed out that the school is spending its budget, with much of it spent on "non-operational costs."

The school committee will take another look at the budget during its next meeting. Cataldo said in a phone call Wednesday that, overall, "We didn't go up tremendously... We're trying to do a restructuring in all departments in order to stay within the figure given to us by the town."

Look for more on this in an upcoming edition of the Mariner.

TOWN HALL RENOVATION

Rough draft plans presented

By Erin Dale
edale@wickedlocal.com

What will the renovated Town Hall look like?

The Town Hall Restoration Committee is in the midst of reviewing potential design schemes to restore and renovate the building that could be presented to town boards, from the Selectmen, Capital Budget, and the Community Preservation Committee, over the next few months with the goal of coming before the April 28 Annual Town Meeting.

The committee hopes to present a plan to restore the "Old" Town Hall, which was built in 1857 and renovated in 1928, although a recent building envelope study revealed that the "new" portion of the building, an addition built in 1987, is actually worse for wear, plagued with rotting wood, excessive moisture, chipping paint, and a roof in need of repair.

Preliminary designs were reviewed during the Wednesday, Jan. 15 Town Hall Restoration Committee meeting. The board, which is comprised of several members, including town employees and liaisons from other town committees, were walked through a design scheme by HKT Architects, a Somerville firm, and asked for a few tweaks.

The current design scheme, which the firm will continue to work on over the next two weeks leading up to the next Restoration Committee meeting (Wed., Jan. 29), shows an increase in parking spaces in the Town Hall lot, for a total of 58 spaces.

Eric Kluz and Bill Hammer of HKT showed the committee a floor-by-floor plan for the building. The first floor would have a larger lobby with a portico entrance, and a new multi-purpose room off of the current auditorium that could be used as a meeting or function room.

The genesis of this room was to provide space for third precinct voting. Town Clerk Carol St. Pierre, who is on the Restoration Committee, explained that the Cohasset population is growing enough that there will soon be need to add a third precinct.

"We're assuming the population will go over 8000 - right now we're at 7900," the Town Clerk said, adding that these numbers differ from the federal census count of 7500, but that number did not include the Avalon apartments or Toll Brothers construction project, which is currently underway.

There are also plans for a kitchen, to be used by staff or for special functions. In this design scheme, the nurse's office and recreation department would remain on the first floor, where they are currently located, as would the Town Clerk's office. The Building and Inspections department would move to the third floor, so that all of the permitting boards would be near one another.

The second floor would be a small space that would be the mezzanine of the auditorium and could be used for storage, or perhaps as a studio room to record cable TV shows like "Our Town."

The first floor elevator would lead to the third floor, to where the permitting offices, from the building inspector to

Town Hall: a brief history

1857: Town Hall is built, including first and second floor offices and the theater auditorium.
1928: The building's first major renovation sees the space flipped, placing the auditorium on the first floor and offices on the second.
1987: The "New" Town Hall addition is built.
Over the years, the Town Hall space has been used as office space, meeting space, theater, gymnasium, library and jail.

Rehabilitation goals:

- Bring building into compliance with health, fire, ADA and building safety codes;
- Energy efficiency;
- Reorganized space for departmental and town office efficiencies;
- Create more functional space for residents and visitors;
- Restore the valuable historic elements of the building.

Conservation Commission, would be housed, so residents can do "one-stop shopping" when it comes to getting permits, said Kluz.

The Board of Selectmen's chamber and Town Manager's office would also be on the third floor. The selectmen's chamber would be larger than it currently is, with the ability to fit 38 chairs. By taking away a partition, Kluz estimated that another 20 could fit into the meeting space.

During previous restoration committee meetings, the possibility of flipping the current layout to have the auditorium upstairs instead of on the first floor was discussed. Kluz pointed out that this idea is "not cost effective and doesn't function well for the town."

The preliminary design adds around 15,000 square feet to the current 21,000 structure, for a total of around 30,000 between the old and new sides of the building.

Cost

It is not yet clear how much it will cost per square foot, with the architects stating that costs have gone up since the Restoration Committee first started meeting last year. And the costs will only continue to rise.

Numbers were bandied about during the meeting, with Advisory chairman Peter Pescatore speculating that the total renovation could cost upwards of \$6 million. However, the architects cautioned about committing to a number before the design scheme has been finished.

Restoration committee chairman David Farrag was also wary of publicizing numbers before the design is finalized.

"It's going to take a few weeks for cost estimates for all of the different schemes to come back," said Farrag. "Once we get the price tag, we'll present as a committee to the board of selectmen, capital budget and advisory," adding that a public hearing will also be held leading up to Town Meeting.

The architects will present an updated scheme to the committee during the Jan. 29 meeting, with the goal of having a plan to present to the selectmen, Capital Budget and Advisory committees, and hard numbers ready for the Town Meeting warrant.

Town Meeting is scheduled for Monday, April 28. Voters have the final say on the project. If approved, HKT said it

could take around six months to complete the designs and draw up contract documents in order to go out to bid by January 2015. With that timetable, the project would not be shovel-ready until the spring of 2016, and would take around a year to build. Town hall employees would have to work elsewhere during the renovation.

Whatever the final cost ends up being, Pescatore noted that it could be offset by a Community Preservation Committee grant or bonding. Regardless, "We have to start thinking about the impact," the Advisory chair said.

Other concerns came up, with selectman Karen Quigley, who was in the audience, stating that while she understood the need for more space to fit a third voting precinct, she was not comfortable with the idea of a function room that could be rented out, that could potentially take away from other town businesses.

Farrag noted that the additional space would not compete with places like the Red Lion Inn or Atlantica, but that it would be a nice place for local non-profits to hold dinners or similar functions. The room "could be used for anything under the sun," said Farrag, adding that the High School is having its semi-formal in the auditorium, and the space has been used for banquets and similar events in the past.

Member Todd Goff, who is also on the Historical Commission and Community Preservation Committee, said that while not many people may want to hold a wedding reception in the auditorium, he liked the idea of that as a history buff.

"When I got married, I would have loved the idea of a reception in the historic town hall," he said. "That's not our intent, but no one would even dream of doing that now, and that's embarrassing."

The whole idea behind the renovation of the building is to preserve its historic character while creating a space where townspeople want to be, said Goff.

"I believe if this is done deliberately and correctly, there is going to be a paradigm shift," said Goff. "If I say the words 'town hall' now, you might say 'the building is a disaster, it's falling apart.' All that's going to change. It can be the place it was originally, where people want to go here, hang out, talk to friends while conducting their business... It really is the heart of the town."



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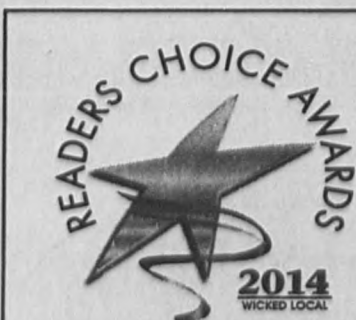
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- 3 Children's Clothing _____
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- 6 Bookstore _____
- 7 Photography _____
- 8 Frame Store _____
- 9 Gift Shop _____
- 10 Jewelry Store _____
- 11 Florist _____
- 12 Sporting Goods Store _____
- 13 Toy Store _____
- 14 Pharmacy _____
- 15 Liquor Store _____
- 16 Furniture Store _____
- 17 Carpet/Flooring Store _____
- 18 Appliance Store _____
- 19 Home Decorating Store _____
- 20 Hardware/Home Improvement Store _____
- 21 Garden Store/Nursery _____
- 22 Antique/Vintage Store _____
- 23 Consignment Shop _____

Local Services

- 24 Hair Salon _____
- 25 Day Spa or Massage _____
- 26 Manicure/Pedicure _____
- 27 Tanning Salon _____
- 28 Tattoo Parlor _____
- 29 Health Club/Yoga Studio _____
- 30 Weight Loss Center _____
- 31 Doctor/Primary Care Physician or Pediatrician _____
- 32 Dentist or Dental Office _____
- 33 Chiropractor _____
- 34 Daycare/Preschool _____
- 35 Dry Cleaner/Tailor _____
- 36 Auto Service/Repair _____
- 37 Community Bank _____
- 38 Insurance Agency _____
- 39 Dance/Gymnastics School _____
- 40 Retirement Living Residence _____
- 41 Pet Services _____

Local Flavor

Business/Place Name

Town

- 42 Bagel Shop _____
- 43 Restaurant For Breakfast _____
- 44 Restaurant For Lunch _____
- 45 Restaurant For Dinner _____
- 46 Fine Dining Restaurant _____
- 47 Italian Restaurant _____
- 48 Pizza Place _____
- 49 Thai Restaurant _____
- 50 Mexican Restaurant _____
- 51 Indian Restaurant _____
- 52 Seafood Restaurant _____
- 53 Chinese Restaurant _____
- 54 Sushi Restaurant _____
- 55 Restaurant For Takeout _____
- 56 Restaurant For Steak _____
- 57 Bakery _____
- 58 Coffee Shop _____
- 59 Ice Cream Shop _____
- 60 Deli _____
- 61 Butcher Shop _____
- 62 Fish Market _____
- 63 Bar _____
- 64 Caterer _____

Regional Favorites

- 65 Hospital _____
- 66 Limo/Car Service _____
- 67 Hotel/Motel/Inn/B&B _____
- 68 Beach _____
- 69 Golf Course _____
- 70 Museum _____
- 71 Place To See Theatre _____
- 72 Place For Family Entertainment _____
- 73 Summer Camp _____
- 74 Mall _____
- 75 Department Store _____
- 76 Discount Store _____
- 77 Supermarket _____
- 78 Car Dealership _____
- 79 Computer or Electronics Store _____

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP CODE _____

PHONE _____

E-MAIL ADDRESS _____

Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot, online ballot or insert only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 12, 2014.

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OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

OUR VIEW

Raising awareness

The last time we wrote about the infamous "grandparent scam" that preys on senior citizens nationwide was in October.

The bad news is the "grandparent scam" is not going away. But the good news is that we can do something about it.

To that end, the Cohasset Police Department will be placing posters around town to raise awareness about this scam that surfaced locally more than five years ago. (See story, page one).

The scam works like this: the grandparent receives a distressed phone call from a person they believe is their grandchild. The supposed grandchild typically explains that they are traveling and have been arrested or involved in an auto accident and need the grandparent to wire money to post bail or pay for damages — usually amounting to a few thousand dollars.

It is believed that scammers are most likely calling random numbers until they happen to reach a senior citizen. The scammer's basic tactic is to pose as a grandchild and let the unsuspecting grandparent fill in the blanks.

The story is always similar: a caller pretending to be a grandson or granddaughter is in trouble and needs money. They usually play on the sympathy of their potential victim asking the grandparent not to tell their parents they are in trouble.

In a recent Hingham case, the scammer had the correct family name and family nickname of the grandmother, information that was likely obtained through social media sites on the Internet.

If someone is scammed or thinks there is an attempted scam — they should notify the police right away.

Being aware of the scam is the best way to stop seniors from falling victim to it. The new CPD posters will serve as a reminder to all. Senior citizens need to be aware but it is also important that family and friends of all ages know about the scam and tell their grandparents about it. Please help spread the word.

Sadly, the Grandparent Scam is one of many telephone scams out there. We all need to ask hard questions and be suspicious of anyone who calls asking for money and/or personal information.

Acting Chief William Quigley said these scams are perpetrated from outside of the United States and are nearly impossible to prosecute or even investigate.

"With this new awareness campaign, we are trying to stay one step ahead of the bad guys and keep our seniors from falling victim to these scammers," he said.

For more opinion, see page 15.

COHASSET MARINER

GateHouse Media, 73 South St.,
Hingham, MA 02043
www.wickedlocalcohasset.com



Mary Ford
News Editor
781-741-2933
mford@wickedlocal.com



Erin Dale
Reporter
781-741-2935
edale@wickedlocal.com



William Wassersug
Sports Editor
781-837-4577
wwassersug@wickedlocal.com



Jane Cournan
Retail Advertising
781-837-4519
jcournan@wickedlocal.com

Sean Burke.....President
Mark Olivieri.....Publisher
Ed Feldman.....Regional Sales Director
Gregory Mathis.....Editor in Chief
Billing Inquiries.....1-800-894-5141
Reprint Orders.....1-866-746-8603
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LETTERS TO THE EDITOR

Response to Peter DeCaprio

Your commentary in this past week's Mariner does nothing but try to continue to fan the flames in our town.

At some point in time it's over. One fights the battle, sometimes you win, sometimes you lose. You lost this one. Give it up. Get over it.

We have a new town manager chosen by our elected selectmen. Let's all try to work with him, not burden him with your attacks.

I, for one, am getting a bit weary of your continuing verbal attacks on the people who are trying to do what they feel is in the best interest for the town we all call home.

I have a simple request. JUST GO AWAY!

Peter J. Wood,
77 Summer St

Monitor the selectmen

Alert citizens will take a cue from Peter DeCaprio (see his commentary published Jan. 10). It is too easy to pretend that all is above board with town government. Well, it isn't always so, and it would behoove responsible citizens to get watchful for behavior inimical to Cohasset's interests, whether the perpetrators are town officials, perhaps a permanently dissident former select person, or maybe a serving select person.

Hopefully, the incoming Town Manager will have the will and savvy not to be co-opted by officials with private agendas (e.g. revenge). Unfortunately, such an agenda has contributed to depriving us of the continuing service of our astute and dedicated Acting Town Manager, Michael Milanoski.

The new TM will need the watchful interest and sup-

port of responsible voters as well as that of selectmen without private agendas.

R. Murray Campbell,
217 Jerusalem Road

Milanoski deserves a big 'thank you'

At the January 7th Board of Selectmen meeting, Vice Chairman Diane Kennedy and Member Stephen Gaumer reminded our town about the ground breaking contributions outgoing Town Manager Michael Milanoski made to the fiscal and operating health of Cohasset, both short term and long term. He leaves the town much stronger than when he assumed his responsibilities as has been amply documented in the Cohasset Mariner. It was both notable and disappointing that the other three members did not join Kennedy and Gaumer. They could not even bring themselves to at least say "Thank You" to a fellow town resi-

dent when given the opening.

Surely, after all the rancor of the past few months, those who were eager to orchestrate Mr. Milanoski's dismissal and to belittle his accomplishments could have shown a modicum of class. Sadly, decency and the acknowledgement of excellence in town management are no longer the norm among the current majority of the Board of Selectmen.

The lack of respect for the accomplishments of Milanoski only serves to support the dissatisfaction many citizens have toward the board. It is long past time for the majority of the BOS to practice the civility they so often demand.

All the members of the Cohasset community offer our best wishes to both Michael Milanoski in his new endeavor and the incoming Town Manager Chris Senior.

Leonora C. Jenkins,
198 Jerusalem Road

COMMENTARY

Open letter to Mr. Peter Decaprio

RONNIE MCMORRIS

Sir, we do not know each other, have never met nor spoken. Yet I seem to play a main character in some continuing evil fantasy that exists in your head and is given voice in your writings, first anonymously and now signed. Your obsession with me, and this fantasy hate-filled writing is more than inappropriate and distressing. It creeps me out. I am a private citizen, not an elected official who might expect such continuing and vicious personal attacks. The only true fact in your latest chapter is that I spoke at a Town Meeting over a year ago. From that fact you have made up the rest.

Last year it came to my attention that someone was anonymously posting lengthy and hateful diatribes about

Sir, we have no relationship and will not. We will never be friends, nor enemies. Those who do know me will attest that I am focused on my family and friends, my job, my church and issues beyond Cohasset's borders.

me, my children and later, my husband. A second true fact is that my lawsuit uncovered from GateHouse Media the sources, including IP addresses of these vile posts and the only match belonged to Crow Point Partners, your firm. I have to date not responded to any of this, because frankly it is beyond any normal expectations from a stranger and it is so filled with hate. However, this stalking in written form does not stop. It is slanderous and libelous and at this point I feel personally threatened.

Sir, we have no relationship and will not. We will never be friends, nor enemies. Those who do know me will attest that I am focused on my family and friends, my job, my church and issues beyond Cohasset's borders. Most recently, I have been focused on time with a close relative who passed away in December. In real life my focus is not Cohasset's town manager or issues related to it. In real life I do not know Richard Kobayashi of the Collins Center, nor do I believe we ever met more than a dozen years

ago, let alone engaged in some conspiratorial plot. This is you thinking about, writing about and pretending some menace that is not me. Please leave me alone and move on.

Further to the Editor: Shame on you for publishing first anonymous hate [online] and now this signed venom. This is not the open exchange of ideas, it does not make Cohasset a better place, it is vile nonsense in the form of personal attacks and you provide the vehicle for spreading it. Your editorial this week thanks people for their courage in speaking up. Courage to face an onslaught of vicious personal attacks should not be a necessary prerequisite for speaking your mind.

Ronnie McMorris lives at 89 Doane St.

MARK YOUR CALENDAR

'Do the Math' to be shown Feb. 9

"Do the Math," a documentary about how the continuing use of fossil fuels eventually will make the Earth inhospitable to all that walk on it, will be shown at 3 p.m., on Sunday, Feb. 9, at Glastonbury Abbey, 16 Hull St., Hingham.

This program, which will include a discussion period and refreshments following the film, is being presented by 350MA, South Shore, an organization dedicated to the eradication of fossil fuels and the promotion of sustainable fuels, through education, legislation and activism.

COLLEGE CONNECTION

Wait, there's more



STEPHANIE SEARS

I've got a new year's resolution for just about every senior with an eye on college. If you applied early and were deferred, submitted all your applications and are now waiting, or contemplating scholarships, read on.

Applying early action or decision can sometimes result in a deferral, which means that the student will be considered again in "Round Two," the regular admissions pool. Most likely, if you've been deferred, your credentials are in the ballpark. If they weren't, you would have been rejected outright. The percentages vary from college to college, but many students do get accepted later on. Here is what you can do to bolster your application:

- Be polite and positive when calling the admissions representative to find out why you were deferred. Try to convey your enthusiasm for the college and see if there were any particular weaknesses that you might address.
- Update your information. If your GPA is marginal or inconsistent, the college will want to see that your grades are on an upwards trend. Some other information worth sending might be improved SAT scores, a new extracurricular activity, honor, award, or leadership position. Make sure it is new and not just re-stating what you listed in your original application. Communicating with the specific college representative for the South Shore is a great way to establish contact, since this person is also generally the first person to read your applica-

tion. Email is a great portal to use.

- Send a new letter of recommendation (if the college allows it). A letter, which talks about why your personal qualities are a match for this particular college is ideal. Typically the letters of reference from school that you already submitted were generic, so this is an opportunity to include other non-relative adults who can speak to your strengths.

- Send supplemental materials. You don't want to overwhelm the admissions office, but sending concise writing, art, or music samples can illustrate the full breadth of what you can contribute to the campus community.

Remember that a deferral is not personal. As stressful as this time might be, continue to be courteous and patient to the people who are working overtime in the admissions office. As the applicant, make the contact yourself instead of it coming from your parent.

If you applied regular decision and are waiting until March or April for your notification, many of the above suggestions will also help in establishing contact and showing the college that you are really interested in attending. If something catches your eye like a particular professor's research or a unique extracurricular activity on campus, feel free to talk to the admissions representative about that and why it interests you.

There seem to be a lot of misconceptions about financial aid and scholarships. Here are my answers to some of the most common statements:

"We probably won't qualify, so why bother applying?" There is more money out there than you realize and most students receive some kind of institutional aid. Additionally, a family must

apply if any merit scholarships are to be awarded.

"My chances are slim of getting a scholarship since I don't have the grades." There are dozens of regional and local community service and non-academic scholarships that are often overlooked. Check often with your guidance office.

"If my child gets a scholarship, the college will just take away financial aid money." Colleges typically will reduce loans first when outside scholarships are awarded.

"I'm tired of writing essays." This is normal, so take a short mental break from writing application essays before starting. Writing for scholarships is generally easier.

The biggest financial aid concern is submitting the FAFSA (<https://fafsa.ed.gov/>) generally before the end of February, and the CSS Profile (<http://student.collegeboard.org/css-financial-aid-profile>) for those colleges requiring it before their respective deadlines. While parents will take on most of the filing responsibility, there are also sections for the student to fill out. With any college specific questions, contact the financial aid office at the institution directly.

While most of this article might sound like another to-do list, be resolved to achieve this: Finish your senior year on a strong note. Set high expectations for yourself and resist senioritis as best you can. The light at the end of the application tunnel is shining brighter every day and your hard work will soon pay off.

Stephanie Sears is an independent college consultant who lives in Cohasset. She can be reached at mycollegeplan.com or stephanie.c.sears@gmail.com

VIEW FROM THE FRONT PORCH

My favorite teacher and my daughter



JOHN MCSHEFFREY

If I asked you who your favorite teacher was when you were a student, (or current favorite teacher is for all you readers of the "the porch" who are still in school,) would you be able to tell me a teacher or two within a couple of minutes? My guess is that most of you could answer yes to that question and then expound upon why. That's simply the power of a great teacher.

Being able to inspire, teach and help guide others is a gift. Your child having a teacher like that is a parent's dream. Over the years, I've been lucky enough to have a few great teachers, but one in particular stands out above all the rest. I think of him every time I watch my daughter's Kung Fu class with John Loupos at Jade Forest.

As a student I struggled in class, finding it difficult to take notes and pay attention at the same time. While I'd excel in class discussions, when it came time for tests, I struggled to complete my thoughts. At 12 years old, I found myself expending as much time and energy covering up my struggles as I did learning. Today, there are a plethora of clinical terms for students like me, but back when I was approaching middle school, there were but a handful of people who understood different learning styles. Thankfully two of those people were Cohasset's own Robin Lualdi, who worked in my school, and my mother.

I was enrolled in Derby Academy for the smaller class sizes. There, I was lucky enough to have Brooks Robbins as my teacher and coach. Mr. Robbins was my sixth grade history teacher and my soccer and baseball coach. To this day, I consider him to be the best teacher I've ever had. Mr. Robbins classes always held my attention as

As a student I struggled in class, finding it difficult to take notes and pay attention at the same time. While I'd excel in class discussions, when it came time for tests, I struggled to complete my thoughts.

he class participation was a key component to his classes but so was structure and accountability. I didn't always embrace the established boundaries, but in having to I learned as much about growing up as I did about history and baseball.

A few years ago, I had the privilege of seeing Brooks Robbins and sharing with him my memories of his classes and my sincerest appreciation for this work/effort, an appreciation that I certainly didn't understand as a kid — which brings me to our daughter Tyler.

Like with most kids, life with our fifth grader is a constant warm smile wrapped in bouts of frustration. The old adage 'the apple doesn't fall far from the tree,' could apply here, but luckily for Tyler she's far more creative than I ever dreamed of being. (Creative enough that I've literally written a book about her observations; Google "Yup, that's my girl book" if you want to take a look.)

A few years ago, after seeing the movie "Kung Fu Panda," Tyler got it in her head that she wanted to learn Kung Fu. Figuring that her desire to take Kung Fu would be fleeting at best, we enrolled her in a few classes at Jade Forest on Route 3A. Located down behind Cohasset House of Pizza, Jade Forest is owned by John Loupos, who teaches Kung Fu, Tai Chi and other martial arts skills to students of all ages.

Let me stop here for a second. My understanding of anything martial arts related is limited to a few Bruce Lee movies and a couple nights with friends drinking scorpion bowls, which means I don't know a thing. However, I certainly know a great teacher

when I see one.

John Loupos' teaching style is a combination of instruction, established expectations, kindness and humor. Each student is expected to give it their all, but within John's set boundaries, the kids' individualities flourish. As much as each child is learning the art of Kung Fu, they are also learning the responsibilities of respect, empathy and honor for others.

Five years later, Tyler is still going strong at Jade Forest. Sitting and watching her participate in class, (with my cell phone turned off as we're all held to certain expectations) I can't but help see myself with Coach Robbins — firm expectations established, but the encouragement and room to learn and grow. There isn't a single class that I observe, that I don't smile and laugh as I watch Tyler's progression and growth under Sifu's (a term used in Chinese martial arts to designate respect) tutelage. It's truly an honor to watch them together.

If you are looking for a positive activity for your child that exercises the body and the brain, I would highly recommend that you look into Jade Forest. It's my understanding that classes are open this winter for most ages and skill sets. While I can't guarantee that you'll walk in the door and think of your favorite teacher, I'm pretty sure you'll quickly see why Jade Forest is such a special place for kids.

As always, thanks for reading.

John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jimmcs@aol.com

GROWING ON THE FARM

Good time to reassess and grow



JON BELBER

This brief spell of warmth really makes one ready for seeds, soil and growing healthy crops. But wait, it will be cold again. The ground is still frozen in many parts. And even if I was tempted to toss in some hardy seeds in a protected, greenhouse raised bed; the seedlings would have a hard time continuing for the remainder of the winter.

In addition, there is still also much to consider. Farming demands a great deal of repetition: weeding, seed sowing, weeding, harvesting, wood splitting, cultivating, weeding again and making compost.

Teaching as well asks for repetitive patience and careful explanations in hopes of conveying concepts, literary intentions and mathematical facts. Memorizing poetry is a terrific study in repetition.

In all this repetition, where is the time to pause and reflect, evaluate inputs and examine crop plans and seed sources? While teaching it is beneficial to also pause and check in with the students. Is there a way to introduce new con-

Not only will they all be organic, but I will speak directly to the seed saver to assure she and he are sourcing and growing non-GMO, reliable seeds.

cepts, practices or ideas into a routine that demands such redundant plans? Yes, make it new all over again for the first time.

Over the weekend, I attended the 27th annual NOFA conference in Worcester, along with perhaps 600 other organically inclined farmers, gardeners and sustainably minded folks.

An organic farmer, who practices the art of placing seeds and transplants in often wet, rocky soil (while all the while seemingly tilting at windmills) needs to find and balance the tried and true practices of organically growing, while making sure to weigh new decisions about tools, machinery, seeds and materials.

An instructor likely needs to try different ways of teaching if the repeated methods are not working.

Since organically turned compost is essential for growing and I have been making compost for 10 years, I am newly committed to making sure I know and record all the inputs to make that rich, beautiful humus and organic matter.

In the next few weeks when I order seeds, I will think and research more

thoroughly from where these seeds come. Not only will they all be organic, but I will speak directly to the seed saver to assure she and he are sourcing and growing non-GMO, reliable seeds.

Continuing to improve a practice that has been perfected for years. There is still room for improvement, still opportunity to look at all the current plans and be willing to reassess and grow with more informed understanding.

A new year, a fresh season to hope eternal, come spring. And the effort to incorporate new possibilities will help any conscientious, learning, growing, evolving gardener, farmer or teacher to stand up a bit more straight toward the windmills.

Jon Belber is a Scituate resident and the education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. His column appears twice monthly in the Mariner. He can be reached by email at jbelberhollyhill@hotmail.com. For information on upcoming programs at Holly Hill, visit www.hollyhillfarm.org.

PUSHING THE EDGE

Different kind of New Year's resolution



GLENN MANGURIAN

How are you doing on your New Year's resolutions? I'm willing to bet that many of you have vowed to eat less (or at least healthier), exercise more, spend less and save more money. It turns out that someone at the University of Scranton actually does research on New Year's resolutions. You may remember Scranton is the headquarters of that fictional company, Dunder Mifflin, from the television program, "The Office." But yes, there is an actual University of Scranton.

I read the ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. More recently, 45 percent of Americans usually make New Year's resolutions while 38 percent absolutely never make them.

Of course, it's not the res-

Unfortunately, our commitment to them usually drifts over time unless we find regular ways to build the resolutions into new habits.

olution that is important but rather the commitment to the resolution. Unfortunately, our commitment to them usually drifts over time unless we find regular ways to build the resolutions into new habits. The University of Scranton reports that only 8 percent are successful in achieving their resolutions.

A friend sent me an email suggesting a new habit — make a 2014 memory jar. Start 2014 with an empty jar. Every time something good happens to you make a note of it and place that note in the jar. Next New Year's Eve, empty the jar and read about all the good things that you experienced in 2014.

Give it a try. You might be resolved to make it a habit.



A 2014 Memory Jar. COURTESY PHOTO

Now, that is a resolution worth keeping.

Glenn Mangurian is a Hingham resident of 25 years. He spends his time consulting and teaching leadership. He welcomes your comments and can be reached at gmangurian@frontier-works.com.

'From super fat to super fit'

Former Mariner photographer shares her story

By Carol Britton Meyer
cmeyer@wickedlocal.com

**"You can be super fit will into your 80s.
It's never too late to start."**

Laura Sinclair, author

Hingham resident Laura Sinclair, a familiar face around town as a former freelance photographer for the Cohasset Mariner, lost 80 pounds and got "super fit" in a year.

In her new book, "Over 50, Overweight & Out of Breath! A Year of Going from Super Fat to Super Fit!" Sinclair, a former marathon runner, shares the story of how she not only lost weight but also changed her lifestyle – and has kept the weight off.

"It's all about making the right choices – thinking about what you put into your mouth and watching your daily allotment of calories," Sinclair said.

The book, written in an upbeat manner and with a sense of humor, contains helpful tips on how to lose weight. "It's about healthy aging," Sinclair said. "You can be super fit will into your 80s. It's never too late to start."

The Hingham Public Library will host a book-signing Sunday, Jan. 26, at 3

p.m. in the Whiton Room.

An accident in 2011 that resulted in breaking her right ankle in three places and being told she could not put any weight on it for three months was a wake-up call for Sinclair. That's because she had the time to think about her situation and the fact that she had previously been described as "morbidly obese" on her medical records. Now was the time to take action!

"Standing at the starting line of this journey, I took a very hardcore inventory of my physical health," Sinclair writes. "I am five feet and one inch tall, weighed 190 pounds and I was 55 years old at the time. Not only did I look fat, I felt old and tired, and I was pretty miserable about this state of affairs."

Plan takes shape

At the beginning of her recovery, a plan took shape in Sinclair's mind, based on a sustainable way of eating and reinventing herself. "I realized that if I didn't lose

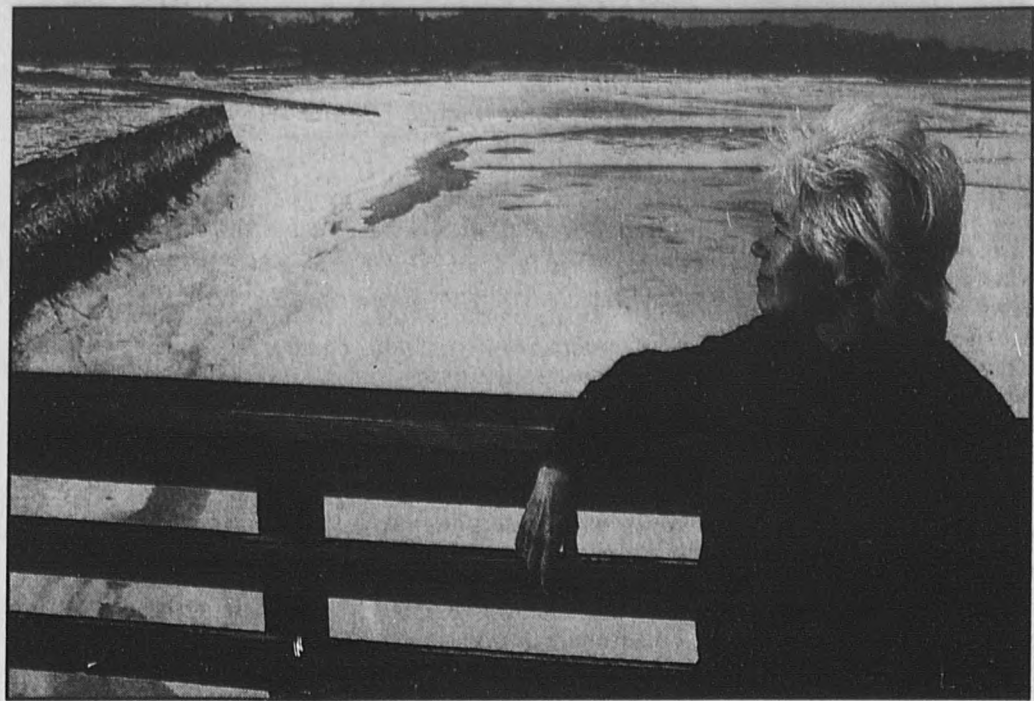
the weight I not only wouldn't feel good but was setting myself up for risk of heart disease, stroke – you name it," she said.

Rather than complain about her lot in life, Sinclair decided to look at the situation as an opportunity to change her life – "not just to lose weight."

Sinclair started to drop pounds in earnest once she could put weight on her right leg. "I changed my relationship with food, but I'm not on a diet. And I continue to eat that way," Sinclair said. "It doesn't mean I don't ever eat pizza, but I know how many calories are in the food I eat."

Sinclair started going to the gym in early November, 2011. By October 2012 she had lost more than 80 pounds through exercise and diet change.

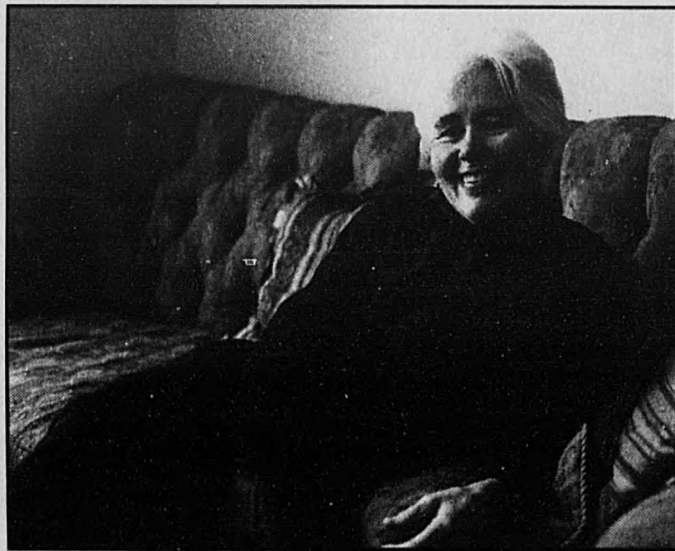
"It's all about the numbers – and the most powerful number is the daily allotment of calories required to either maintain your current weight or to lose a certain amount of weight and the number of calories that are burned off by exercising. That's your starting point, which sets the basis for everything else that follows. I continue to exercise with a vengeance and count my calories every day," Sinclair said. "Balancing what I eat



Author and photographer, Laura Sinclair, has penned a book that she hopes will inspire others to make healthy changes in their lives. STAFF PHOTOS/ROBIN CHAN

with how much I work out is how I keep the weight off and raise my metabolism, creating new cells and muscles and burning more calories. It's doing what we were born to do. At the same time, everyone is different and needs to design his or her own program."

Sinclair is pleased that she reached her goal. "I feel great. If someone had told me on July 3, 2011, the day after I broke my leg, that in a little more than 12 months I would be 80 pounds (excess pounds gained over a 12-year period) lighter and reach a level of fitness that I never thought possible, I wouldn't have believed it," she writes in her book.



Laura Sinclair has written a book about her transformation from being out of shape to super fit. Sinclair will talk about her experience at the Hingham Public Library on Sunday, Jan. 26, at 3 p.m.

"Now I say to people, 'If I can do it, anybody can!' And I mean it!"

Not afraid of change

Not being afraid of change has helped Sinclair stick to her new lifestyle. "I am constantly changing," she writes. "I change the food and the time that I eat it. I change the content of my workouts. I constantly try to initiate change into some aspect of my life every day."

"Why? When behavior becomes routine, we adapt physically and mentally. We become stale and uninteresting, [which I don't want to be]. Time is short these days," she continues. "Sometimes I catch myself asking where did the last 30 or 40 years go? This question serves as a great motivator to make every minute count."

Put simply, Sinclair is giving herself the best chance at healthy aging, "compressing that tiny sliver of time when my health fails and I leave the planet. This is not sad, or morbid; it is realistic."

Sinclair's life today is far different from the time she had her accident and realized she had to do something about her weight. "I zip upstairs and have tons more energy. I accomplish a lot more during my day. . . . I no longer look away from my reflection. I get on a scale

willingly and often. My knees and back no longer ache. I have rock-hard abs and muscle definition in my arms and back. I am super strong and am no longer embarrassed to walk into a room full of strangers. I have pride in myself and how I dress," she said.

The biggest surprise of all for Sinclair is "the level of fitness I reached that I thought was long gone," she said.

Sinclair's book has been well-received so far. One of the biggest compliments she received is from her former high school English teacher, a Hingham resident who called her up after reading the book. "She said she loves it and is using some of the suggestions I made," Sinclair said.

Others have told her they couldn't wait to find out what happens in the end and that the book has inspired them to take similar action in their own lives.

Sinclair gives motivational talks about losing weight and getting fit at her book-signings. "This is the story of how I lost weight, but it also contains information that others might find useful," she said.

For further information visit laurasinclair.com. "Over 50, Overweight & Out of Breath! A Year of Going from Super Fat to Super Fit!" is available at amazon.com and also on Kindle.

Over 50, Overweight & Out of Breath!



A Year of Going from Super Fat to Super Fit!

Laura E. Sinclair

Laura Sinclair's new book, "Over 50, Overweight & Out of Breath!"



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail us at bob@beaconhillrollcall.com or call us at (617) 720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 39 -
Report No. 2
January 10, 2014



Senator
Robert L. Hedlund
(R-Weymouth)
(617) 722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
(617) 722-2520
Room 479

THE HOUSE AND SENATE. There were no roll call votes in the House or Senate last week.

Beacon Hill Roll Call has obtained the 2013 official list from the state treasurer's office of the "per diem" travel, meals and lodging reimbursements collected by the Legislature's 158 current state representatives from January 1, 2013 to December 30, 2013. The list reveals that representatives collected a total of \$230,977. Beacon Hill Roll Call recently reported that state senators in 2013 collected \$60,239 in per diems, making the total for both branches \$291,216.

The amount of the per diem varies and is based on the city or town in which a representative resides and its distance from the Statehouse. The Legislature in 2000 approved a law doubling these per diems to the current amounts. The payments range from \$10 per day for legislators who reside in the Greater Boston area to \$90 per day for some Western Massachusetts lawmakers and \$100 per day for those in Nantucket. Members who are from areas that are a long distance from Boston's Statehouse often collect the highest total of annual per diems.

Some supporters of the per diems say the system is fair and note the rising costs of travel, food and lodging. They argue that many legislators spend a lot of money on travel to Boston and some spend the night in Boston following late sessions. Others argue that some legislators accept the per diem but use all of the revenue they receive to support local nonprofit causes.

Some opponents argue the entire concept of per diems is outrageous and noted that most private sector and state workers are not paid additional money for commuting. Others say the per diem is especially inappropriate given the recent 3-cent-per-gallon hike in the state's current 21-cent-per-gallon gas tax and the creation of automatic gas tax hikes by linking the tax to the U.S. Consumer Price Index.

The 2013 statistics indicate that 77 current state representatives received reimbursements ranging from \$52 to \$8,100, while 81 have so far chosen not to apply for any money. State law does not establish a deadline that senators must meet in order to collect the per diems.

The representative who received the most money in 2013 is Rep. Timothy Madden (D-Nantucket) with \$8,100.

Representatives rounding out the top five include William "Smitty" Pignatelli (D-Lenox), \$7,380; Tricia Farley-Bouvier (D-Pittsfield), \$7,110; Michael Finn (D-West Springfield), \$7,062; and John Binienda (D-Worcester), \$6,588.

REPRESENTATIVES PER DIEMS FOR 2013

The dollar figure next to the representative's name represents the total amount of per diem money the state paid him or her in 2013. The number in parentheses represents the number of days the representative certified he or she was at the Statehouse during that same period. Representatives who have not requested any per diems have "0 days" listed. That is not meant to suggest that these senators didn't attend any sessions but rather that they chose not to request any per diems.

ALSO UP ON BEACON HILL

STUDY PUBLIC UTILITIES' TREE CLEARING (H 3754) - The Telecommunications, Utilities and Energy Committee heard testimony on a bill that would establish a 14-member commission to study the issue of how public utility companies keep transmission lines free of interference, stray tree branches and overgrown vegetation in order to provide safe and reliable electricity transmission. Supporters said utility companies have recently taken a far more aggressive approach to tree clearing than in the past. They argued that this approach should not be allowed to override local concerns about property taxes, home values, safe drinking water, wildlife habitat and public safety.

FIVE SPECIAL ELECTIONS ON APRIL 1 - It's not an April Fool's joke. There are now an unusually high number of special elections for four vacant House seats and one Senate seat all scheduled for April 1. The primaries will be held on March 4. Talk about the domino effect. Elections include the race to succeed former Sen. Katherine Clark (D-Melrose), who moved up to the U.S. Congress when she won the special to succeed U.S. Sen. Ed Markey, who resigned his U.S. House seat after he won the special election to succeed John Kerry, who resigned to become the U.S. Secretary of State.

Others include elections to fill seats being vacated by Sen. Donald Humason (R-Westfield), whose House seat became vacant when he moved up to the Senate after winning a special election last month for the seat held by former Sen. Michael Knapik (R-Westfield), who took a position at Westfield State University; and former Reps. Martin Walsh (D-Dorchester), who is now mayor of the city of Boston, Eugene O'Flaherty (D-Chelsea), who is becoming chief legal counsel in Walsh's administration; and Kathi Anne Reinstein (D-Revere), who is taking a job as government affairs manager for the Boston Beer Company, brewer of Samuel Adams Beer.

RESALE OF SPORTS TICKETS - The Consumer Protection and Professional Licensure Committee will hold a hearing on January 21 at 1 p.m. in Room A-2 on several proposals to change the state's laws for the resale of tickets to sporting and entertainment events including repealing the current law that prohibits the resale of tickets for more than \$2 over the face value. If the repeal is successful, Massachusetts will join 27 other states that have repealed their anti-scalping laws.

Current state law dates back to 1924 and limits the resale price companies may charge to \$2 above face value plus costs incurred by the seller related to obtaining and selling the ticket, excluding the cost of the seller's general business operation. Allowable charges include paying for messengers to stand in line to buy tickets, and postage, long distance telephone calls and credit card fees. The current law is rarely enforced.

HOUSING LEGISLATION (H 1152) - The Housing Committee will hear testimony on January 28 at 10:30 a.m. in Room B2 on a proposal to create a Window Falls Prevention Program in the Department of Housing and Community Development. The program would educate the public about the danger to children six years of age and under of falling from windows and the importance of installing window guards in all state-controlled dwellings that are operated by local municipal Housing Authorities. The proposal also requires, subject to the availability of funds, the purchase of window safety guards for each of these public housing units in which a child six and under lives.

BAN SMOKING IN SENIOR HOUSING (H 1157) - The Housing Committee's hearing will also include a bill that would designate at least one residential building within each regional and local housing authority as a smoke-free building. Any housing authority that oversees fewer than 100 units would be required to make at least 20 percent of their units smoke-free. The policies would be phased-in and current tenants would be grandfathered in and exempt from the measure.

Other bills on the agenda would grant preference to veterans in all state-aided housing projects (H 1104); deny access to state-funded public housing facilities for anyone convicted of Level 2 or Level 3 sex offenses (H 1133); and prohibit anyone who is ineligible for federal assisted housing to displace or be given priority over any applicants who are eligible under both state and federal guidelines (H 1128). Federal eligibility standards and proof of identity for housing assistance are stricter than Massachusetts standards.

*

\$0
(0 days)

COMMENTARY

Setting the record straight on Town Manager Act process

BRADLEY & HEDLUND

We wanted to take this opportunity to set the record straight and address some of Mr. DeCaprio's comments in his recent letter to the editor ("An Open Letter to Jack Buckley", Jan. 10, 2014).

The Home Rule petition known as the Cohasset Town Manager Act (H.3486) was approved by Town Meeting on April 22 and mailed by the Town Clerk with a cover letter dated May 6 to us at the State House. The draft bill was reviewed by House Counsel, which made some technical formatting changes and returned it to us on May 23. After reviewing those changes the bill was filed on May 29 and referred to the Joint Committee on Municipalities and Regional Government on May 30, 2013.

A public hearing was held on July 23, 2013. Both of us testified in favor of the bill.

Throughout the process we have answered every question that local officials and residents asked us about the status of this bill. Yes, the legislation did take time to make its way through the legislative process due mainly to the opposition testimony that the committee received.

This included testimony against the bill from the former town manager, a sitting selectman, testifying as private citizens, as well as many calls and letters both

Throughout the process we have answered every question that local officials and residents asked us about the status of this bill. Yes, the legislation did take time to make its way through the legislative process due mainly to the opposition testimony that the committee received.

in support and in opposition to H.3486, and Common Cause of Massachusetts urged caution as well.

The Committee worked through many of these issues during the August recess. The bill was then reported with a favorable recommendation at their first opportunity, post-recess, on September 19. The bill went to the Committee on House Steering, Policy & Scheduling, which determines the priority of agenda items on the calendar. It then received a second reading on September 23, and was then referred to the Committee on Bills in Third Reading, which reviewed the bill to ensure it was in the proper legal form. The House engrossed (approved in final form) the bill on October 2nd and it went to the Senate for review. The Senate engrossed the bill on December 16 after their Counsel made a technical change needing approval of the Board of Selectmen. On December 19 the bill came back to the House to review what the Senate did with the bill. Following the holidays, on January 2 the House approved the Senate's changes; on January 7 the House enacted the bill,

and the Senate enacted the bill on January 9th and sent it to the Governor, who has ten days in which to sign or veto the bill. Contrary to what Mr. DeCaprio wrote, as of this writing, the bill is still on the Governor's desk awaiting his action.

We also take issue with Mr. DeCaprio's comparison of H.3486 with Chapter 34 of the Acts of 1997 – the original Town Manager Act – which had no opposition at the time. Then, as now, the legislative delegation worked on behalf of the town to pass the legislation.

The facts show that the Cohasset Town Manager Act was vetted and passed by the Legislature and sent to the Governor in a time frame consistent with other controversial Home Rule bills. As the town's elected representatives, both of us remain proud to represent Cohasset on Beacon Hill, and will always endeavor to be strong advocates for the community.

State Rep. Garrett J. Bradley represents the Third Plymouth District. State Sen. Robert L. Hedlund represents the Plymouth and Norfolk District.

COMMENTARY

Keep Team Chairs in place

SEPAC

A copy of the following letter to the School Committee was sent to the Mariner for publication.

Dear School Committee Members:

We wish to express our support for an opportunity to discuss the preliminary FY15 school budget which will include a necessary and well-needed additional Adjustment Counselor, but not at the expense of losing our new Team Chairs. Obviously, there is a concern about a level budget and we understand the importance of an effective budget, but simultaneously due to the growth of our district we would like to request that the recently added Team Chairs remain in place. This past year the Team Chairs have done an amazing job redefining the districts processes and procedures, analyzing the data and implementing the necessary supports and services. Presently, parents feel with the addition of the Team Chairs, meetings have been a much more positive and respectful experience. Through Ms. Villani's leadership in conjunction with the Team Chairs there is now a feeling of teamwork, professionalism and a coordination throughout the district.

If these two team chairs were eliminated, how would these students be overseen and how would the school psychologists have time to work with directly with students?

The best of use Ms. Villani's talents and keep the positive momentum in our district, we need to keep the two Team Chairs in place in order for her to concentrate on exploring and developing new initiatives that will help our children access the core curriculum employing 21st century learning.

Currently, the Team Chairs relieve the workload of the SpEd teachers, specialists and Ms. Villani. We understand the Chairs' caseloads are already at capacity. The Out-of-District students' Individual Education Plan (IEP) meetings needed to be shared by the two Team Chairs, as well as Ms. Villani and the two school psychologists leaving them very little time left over to simply observe those children in their environments.

If these two team chairs were eliminated, how would these students be overseen and how would the school psychologists have time to work with directly with students? Though incredibly organized, Ms. Villani cannot possibly visit all of these students and continue to be

an effective administrator. With the present Team Chairs there would be a continuum of the students' academic progression, which has a direct impact on the analysis of placement and program selection. Most importantly, if the Team chairs are removed, the caseloads of meetings, IEP compliance and paperwork will fall back on Ms. Villani, school psychologists and the SpEd teachers who are already at maximum capacity and the educators would lose precious time with our children.

We strongly feel by reverting back to the previous model Cohasset will put our children at risk of failing to learn and leave them unable to transition to self-supportive, active members of the community. In closing, we are in support of the current Student Services model and the addition of a high school Adjustment counselor.

Cohasset Special Education Parent Advisory Council (SEPAC) board members:

Co-Chairs: Diane Herth & Helene Childs, Secretary: Ann Demick

HAPPENING FEB. 8

Cohasset Democrats to hold Caucus

The Cohasset Democratic Town Committee will be holding a caucus for Cohasset's Registered Democrats at the Cohasset Library Saturday, Feb. 8, at 10 a.m. to elect four delegates and three alternates to the 2014 Massachusetts Democratic Convention. Delegates will be divided equally between men and women.

The Convention will be held on Friday June 13, and

Saturday June 14, at the DCU Center in Worcester. At that time, Democrats from across the state will gather to endorse statewide candidates.

The caucus is open to all registered Democrats in Cohasset. Anyone who wishes to attend the convention as a delegate is encouraged to attend the caucus and be nominated. All ballots will be written and secret. Those

not elected as Delegate and/or Alternate, who meet the qualifications, may apply to be add-on delegates in the following categories: youth, minority, and disabled.

For caucus information contact chair, John Chapman at 781-383-9793, or vice chair, Sally Sisson at 781-383-6190.

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1% of Americans have seen combat in Iraq or Afghanistan.



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visit us online at
www.wickedlocalcohasset.com**

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35



HEALTHY LIVING
The benefits of yoga
See pages 24, 25

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com

SPORTS NOTES

SPORTS

Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisports-guy

GIRLS BASKETBALL

Overwhelming win

The Cohasset girls basketball team picked up an impressive 52-20 win over Southeastern, Wednesday night.

Cohasset was led by Emily Rosano's 15 points. Meg Fitzgerald and Tracy Fogerty each chipped in 10.

ROAD RACE

Cohasset Race By The Sea

Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset will be Sunday, April 6 in Cohasset.

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot.

Register at roadrace-bythesea.com "Like" us on facebook.

For more on the race, see Page 18

FLAG FOOTBALL

SSYMCA registration

Registration is now open for the South Shore YMCA Emilson Branch spring season of 2014 NFL Flag Football League.

The YMCA NFL FLAG Football is the premier youth football league for boys and girls ages 7-14. This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Registration will run until late February with first games slated for March 23rd.

The South Shore YMCA NFL Flag Football League is broken down into three age brackets, 7-9, 10-12, 13-14 boys and girls. Practices are once a week and games are played on Sunday afternoons. Season runs March 23rd to May 18th. All practices and games are held at the South Shore YMCA Emilson Branch outdoor field and will be coached by parent volunteers. All players will receive an NFL team identified jersey and a NFL flag belt.

For more information or to register your child call Linda Montoya at (781) 829-8585 ext. 260 or visit the website at www.ssymca.org.

WRESTLING

Outstanding hosts

Grapplers second at own tournament

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset wrestling team has traditionally been known as good hosts and competitors when they host their Cohasset Wrestling Tournament yearly.

They followed that performance with a 61-12 win over Rockland.

The Skippers won with eight pins to improve to 9-3 (2-0 South Shore League).

Xander Shubert and Jack Osten each had big victories.

Nothing changed this year, as Cohasset hosted another successful tournament and also managed to finish with an impressive second place. Skipper wrestlers placed

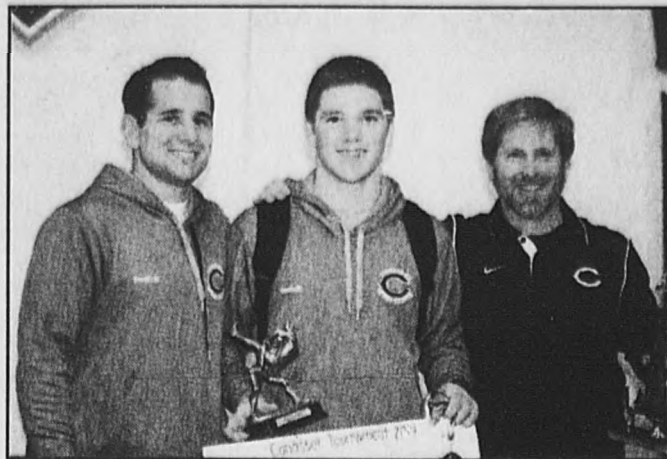
weight classes.

Lynnfield/North Reading took first placing six in the finals.

Cohasset held of Holliston and Tri-County with Sean Mavilia and Matt Froio winning in the finals.

"The young wrestlers wrestled great passing their seeding in every weight class," Cohasset coach Torin Sweeney said. "The veterans

SEE WRESTLING, 18



Junior Matt Froio, 170 pounds, finished first in his division, winning the tournament and the Tournament Outstanding Wrestler award. Matt, center, is flanked by Assistant Coach Amster and Coach Sweeney. COURTESY PHOTO

BOYS BASKETBALL

Shockingly good

Skippers stun Rockland with overwhelming victory

By Christian Cunnie
Special to the Cohasset Mariner

Last Friday night the 4-2 Rockland Bulldogs came into Cohasset's Sullivan Gymnasium looking to topple the undefeated Skippers.

It didn't happen, as Cohasset team pulled away with a 62-47 exhilarating win.

"Skipper pride" filled a packed gym, band playing, along with Coach Bo Ruggiero's snazzy Motown warmup mix! The home court advantage was in full force and gave the Skippers the upper hand walking away in first place of the South Shore League.

In the first period, Cohasset was able to take a 17-5 lead despite the Skippers having to play without senior captain Rocco Laugelle.

Laugelle was injured when Rockland's starting point guard, Joe Kimball committed a flagrant foul on Laugelle and was ejected in the first few minutes.

Laugelle's injury was deemed a concussion and he

was unable to return.

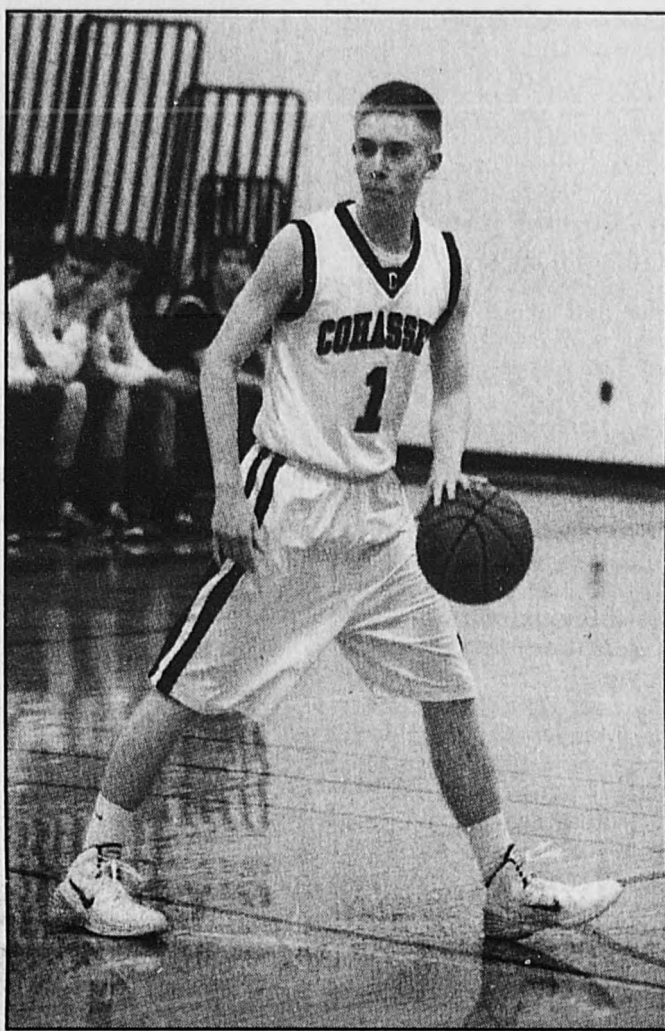
Carrying the team in this period was senior captain Chris Haggerty, also known to teammates as Micro, due to his ability to heat up and score bunches of points quickly, hitting two three-pointers in a row.

Rockland came back in the second period as they attempted to gain the lead, but Cohasset kept control of the court ending with a 34-21 lead at the half.

The Skippers came out of halftime continuing their high-paced pressure, meant to tire Rockland down. The boys increased their lead in the fourth quarter and ended the game with a 62-47 win.

Haggerty wrapped up with 18 points (shooting 100 percent from both the floor and from the free throw line), Joe Buckley added 10 points, and Henry Brown, nicknamed 'The Quiet Assassin' dropped in 9 points.

The team was able to contain Rockland's best player, starting forward Matt Nickelson with a tough team ori-



Cohasset's Teddy Craven controls the ball during a 44-39 win over Norwell, Jan. 5. Craven came off the bench to play point to help lead Cohasset to a 62-47 win over Rockland last Friday night. Craven played the bulk of the game after an injury sidelined started Rocco Laugelle. PHOTO/K.A. MACDONALD

ented defense.

Junior Teddy Craven led the Skippers at point off the bench due to Laugelle's injury and pushed the team to their victory.

Head Coach Bo Ruggiero was pleased with Craven.

"Came off the bench and was absolutely fantastic, with a capital F," Ruggiero said. "Great team effort considering we beat a quality team like Rockland at the 'Skipperdom'." "We have continue

SEE BASKETBALL, 19

GYMNASTICS

Cohasset/Norwell splits

Beat Brockton, fall to WB/B-R

By Ryan Wood
rwood@wickedlocal.com

Putting up more than 130 points in a meet typically yields victories, but the combined Cohasset/Norwell team found out the hard way that scoring 131.15 points wasn't enough in a recent meet against Bridgewater-Raynham/West Bridgewater. The meet winners scored 132.1 points.

Cohasset/Norwell did, however, beat Brockton, which scored 101.75 points, in the same meet.

"The girls did far better on the beam today than they did in their last meet," co-head coach Ruthann Ardizoni said. "However it was not good enough to win."

The meet began on the bars, and Cohasset/Norwell was led by Jessie Westergard, who scored a 9.2, followed by captain Christina Tedeschi and freshman Claire Brookbank, who both earned a 7.4, as well as captain Emma Basso (7.3) and Elizabeth Coletta (7.2).

SEE GYMNASTICS, 18

GIRLS HOCKEY

Skipping Indians rally to tie

Dares scores twice to power Cohasset/Hanover

By James Brooks
The Patriot Ledger

Freshman forward Katie Talacci's goal with 6:21 remaining Wednesday lifted the Cohasset/Hanover girls hockey team to a 3-3 tie with division-leading Scituate at Pilgrim Arena.

Despite jumping out to a 2-0 lead in the first period and outshooting Cohasset/Hanover, 37-24, a victory was not in the cards for the high-octane Sailors, who have received otherworldly play lately from junior forward Corey Murray (2 assists). Murray scored seven goals over the weekend as Scituate swept Quincy/North Quincy and Martha's Vineyard.

First-period goals by senior

forward and captain Chloe Ewanowski and freshman forward Ally Irish gave the Sailors (5-4-1, 5-2-1 SEMGHL Northeast) a comfortable early lead. But Cohasset/Hanover (5-2-1, 3-1-1) rallied back with solid play from sophomore goaltender Shea Kearney of Cohasset (.873 save percentage on the year).

"Technically, she's sound, knows the game and makes the right decisions," coach Deb Beal said.

Of course, goalie play alone could not save Cohasset/Hanover from the multi-goal deficit. The squad's savior turned out to be senior forward Julia Dares of Hanover, who tied the game at 2-2 with a pair of

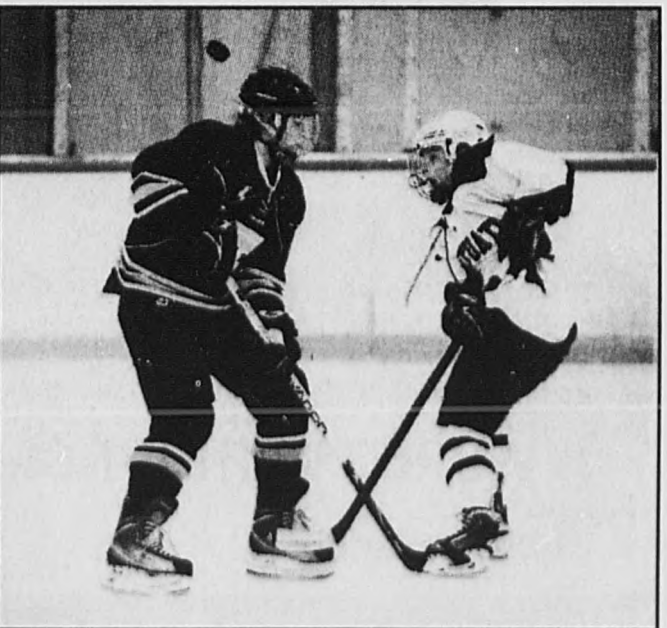
breakaway goals in the second period.

"That girl is their best player; she's got a lot of speed," first-year Scituate coach Bob Rosata said of Dares. "The second (breakaway) kind of bothers me ... Three of my girls collapsed on her and the puck bounced off her skate, off her shin, and she still got a breakaway. You can't coach against that. We were trying to keep an eye on her."

Even though Beal has seen Dares practice every day, she admits that goal caught her slightly off guard.

"When I saw it, I said, 'Did that just happen?'" the coach said. "That's her M.O. - very,

SEE HOCKEY, 18



Cohasset/Hanover's Sophie Arnold and Scituate's Amanda Oar send a puck airborne. Scituate hosted Cohasset/Hanover in high school girls hockey at Pilgrim Arena in Hingham, Wednesday. Cohasset/Hanover rallied late to salvage a 3-3 tie. STAFF PHOTO/GARY HIGGINS/THE PATRIOT LEDGER

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COLLEGE BASKETBALL

Milestones

Crough and Kelly hit 1,000

Staff reports

It was a big few weeks for former Cohasset girls basketball stars as both Meredith Kelly (Bates College) and Samantha Crough (Endicott College) each scored career point 1,000 at the college level.

Kelly scored her 1,000th career point, in a 69-47 loss to the University of New England, at the Harold Alfond Forum on Monday night.

Kelly (Cohasset, Mass.) netted her 1,000th career point at the 14:41 mark of the first half as she gathered herself on the right side of the lane and converted a layup to bring Bates within 12-6. She became the 19th player in program history to eclipse the 1,000-career point barrier.

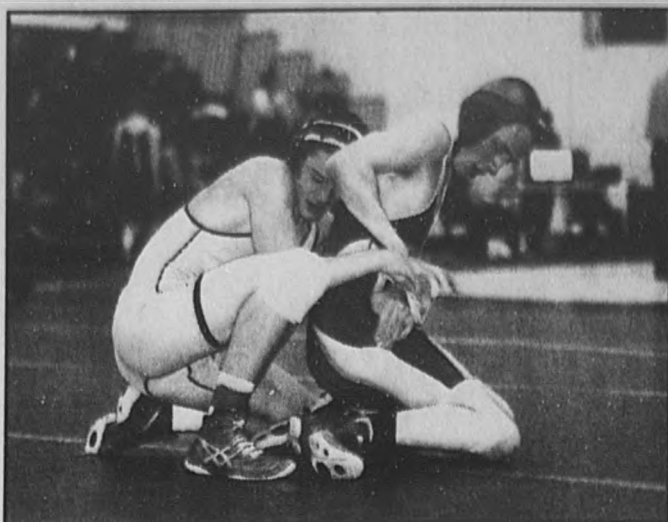
The 5-8 guard finished the contest with a game-high 24 points bringing her career total to 1,020, in addition to recording eight rebounds and three steals in the game.

Crough (Cohasset, Mass.) of the Endicott women's basketball team was named the Commonwealth Coast Con-

ference (CCC) Player of the Week for her performances last week that helped lead the Gulls to three conference victories. In her 29 point performance over Roger Williams the senior became the ninth player in program history to reach a career 1,000 point milestone.

Crough scored in double figures in all three games for the Gulls this past week. In a big 79-50 victory over Salve Regina she posted 14 points, and eight rebounds. When the forward traveled to Roger Williams in addition to her 29 points she tallied seven rebounds in the overtime thriller, while her 27th point of the game gave her a place in the 1,000 point club. In the final game of the week Crough recorded 17 points, nine boards, three assists and three steals in the 74-58 victory over Curry.

With the three victories the Gulls move to 9-3, (5-1 CCC). In the conference so far this season the squad is shooting 37% from inside the arc, 34% from long range and 78% from the charity mark. The Blue and Green will tip off next on Wednesday, January 15th when they host CCC opponent Nichols (7-5, 2-4 CCC) for a 7:30 p.m. start.



Sophomore Sean Mavilla, 138 pounds, won his weight class at the Cohasset Tournament over the weekend.



Senior Steven Maher, 195 pounds, gets tips from Coach Torin Sweeney and Assistant Coach Adam Amster over the weekend. Maher finished fourth overall. COURTESY PHOTOS

WRESTLING

Continued from 17

did a great job leading the group.

Cohasset Tournament Place-winners:

108 -8th grader Mike Nolan- 4th going 2-2

115- Freshman Drew Skolnick - 4th -going 2-2 lost to the No.1 seed 7-6 in the semi-finals

122- Frosh Xander Schubert - 4th going 2-2 beat a senior from Milton to get to the medal round

128- Senior captain Harry Helbock - 6th and had to forfeit his last to matches due to injury.

134- Sophomore Cole Sullivan - 3rd going 3-1 w/ 2 pins

140- Sophomore Sean Mavilia won the championship with 3 pins

145- Nick Hall was 3rd going 3-1 w/ 2pins

162- Senior captain Chandler Skolnick was 5th going 3-2



The Cohasset wrestling team poses for a team photo at the weekend's Cohasset Tournament.

172- Junior captain Matt Froio won the championship with 3 pins and was voted Most Outstanding Wrestler of the tournament by the coaches.

182- Senior John Nolan - 2nd place winning a thrilling semi-final match and going 3-1 on the day

197- Senior Steven Maher - 4th going 2-2 on the day. Special thanks to Cohasset coach Torin Sweeney for providing scores

HOCKEY

Continued from 17

very quick. She's super creative."

Sophomore forward Amanda Oar put Scituate back in front, 3-2, early in the third period.

"I was telling them to keep playing the way they were; they had a lot of energy," Rosata said. "The last three games, they finally realized they can take away time and space and get on those girls."

Ultimately, the Sailors' spirited play could not stop Ta-

lacci, who lives in Cohasset, from tying the contest and furthering her team's climb toward the top of the division.

In its third season as a varsity program, Cohasset/Hanover is making great strides. The co-op program was 5-10-3 last season and 4-12-2 the year before.

Despite drawing players from different towns, Beal says that chemistry has not been an issue.

"They played together on club teams," Beal said of her players. "Nobody's coming into the program never having played together."

ROAD RACE

38th Annual Cohasset Road Race by the Sea

Registration open

On Sunday, April 6th, a 38 year old Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset. For some runners, it's the first race of the season and for others, it's their last warm up before the Boston

Marathon. No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot. The walk follows the road race route however it starts and ends at the beach.

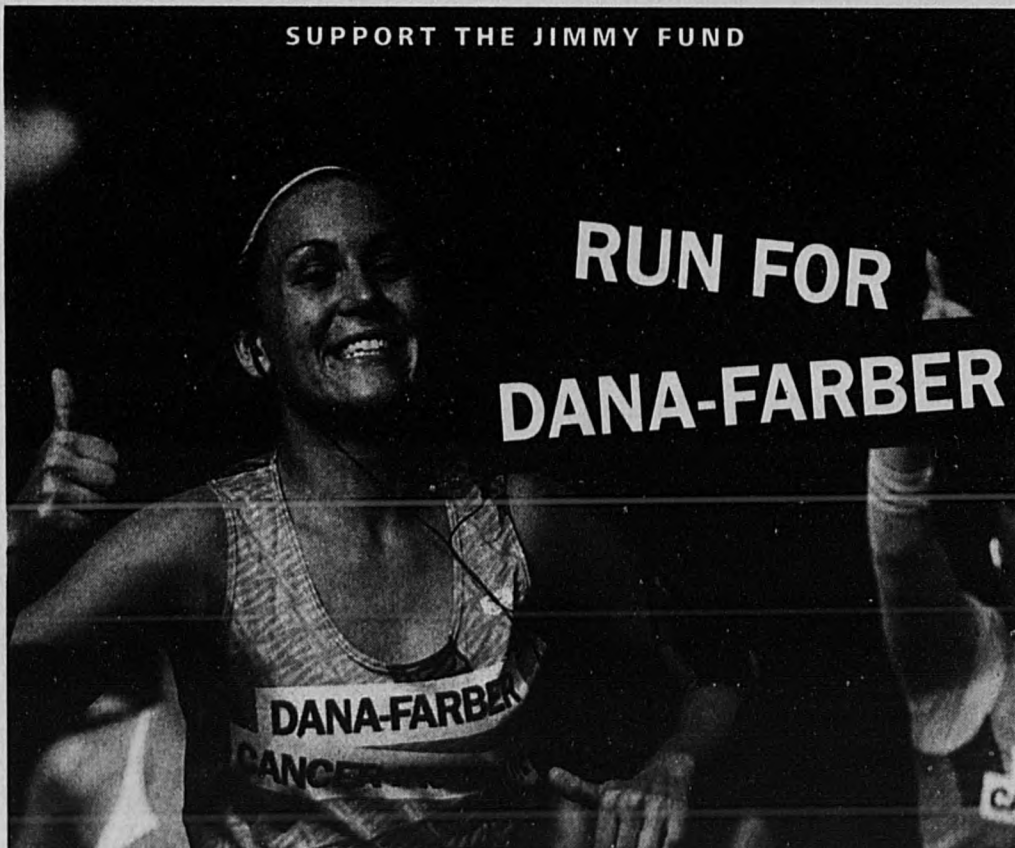
The \$30 registration fee will increase to \$35 on March 15, so

avoid the fee and ensure the fun.

E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank 2013 Banner Sponsors, RW Rosano, Graham Waste Services, ColoSpace, Suburban Contract Cleaning, Inc. and Pilgrim Bank for their generosity and partnership.

Register at roadracebythesea.com "Like" us on facebook.



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- Boston Marathon®

or Run Any Race



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The Norwell/Cohasset gymnastics team entered the week coming off a big win over Brockton and then followed it up with a victory over Marshfield. COURTESY PHOTO

GYMNASTICS

Continued from 17

The girls turned in quite a performance on the vault. Westergard led the way with a 9.10. Brookbank earned an 8.4, followed by Emma Basso with an 8.3, and Coletta with an 8.20. With those scores, Cohasset/Norwell led by 0.40 points through two events.

The floor exercise, typically the team's strongest event, proved tough for Cohasset/Norwell. Westergard

paced the team with a 9.45, followed by Coletta (8.0), Brookbank (7.8), and Tedeschi (7.7). In past meets this season, Cohasset/Norwell gymnasts have scored 8.0 or higher in the event.

Cohasset/Norwell capped the night on the balance beam and got a 9.0 from Westergard, an 8.2 from Coletta, an 8.0 from Emma Basso, and a 7.7 from Mimi Waters.

Cohasset/Norwell then beat Marshfield Tuesday night, 128.8-119.9. Westergard took the vault with a 9.3, followed

by Brookbank (8.4) in second, and Emma Basso (8.3) in third.

Despite a slight struggle on the bars, the girls managed to maintain their lead through two events. In the bars, Westergard scored an 8.4, Brookbank earned a 7.6, and Emma Basso received a 7.40.

On the beam, the top three for Cohasset/Norwell were Westergard (8.6), Coletta (7.9), and Waters (7.80). And on the floor, Westergard scored a 9.3, followed by Coletta (8.2), and Brookbank (8.0).

GIRLS AAU BASKETBALL

TRYOUTS

The Seaside Sizzle will hold tryouts for its 7th grade girls AAU basketball team on January 19, 2014 from 6 p.m. to 8 p.m. at Gates Intermediate School located at 327 First Parish Road, Scituate.

If you are unable to attend the tryouts or have any other questions please contact Mike

Sacchitella at coachsach@verizon.net.

LEGION BASEBALL

Coaches needed

Cohasset American Legion Post 118 is looking for coaches for both the Senior and Junior Legion teams.

For more information, contact General Manager Scott Arnold, sarnold65@com-

cast.net or 781-985-1896.

COACHING VACANCY

JV Lacrosse

Scituate high school is looking for a JV/Asst. Varsity Boys Lacrosse coach.

Interested applicants should send a resume and a letter of interest to Head Coach, Mark Puzangara at mpuzangara@scit.org

BOYS BASKETBALL

Big run seals win

Skippers shake off slow start

By Ken Lechtanski
Wickedlocal.com

It was no wonder that Southeastern Regional and Cohasset had trouble finding the mark in their high school boys basketball showdown.

The bull's-eye was on the backs of the unbeaten Skippers instead of on the basket.

Fortunately for Cohasset, it managed to break the early scoring ice with a 13-2 run over the final 4:21 of the first half. The Skippers took a nine-point lead into halftime and held serve the rest of the way for a 56-47 win Monday night to improve to 8-0.

Senior captain Henry Brown scored a game-high 17 points, including 14 in the second half, to lead Cohasset past the stubborn Hawks, who rallied late to pull within nine points after trailing by as many as 14 in the second half. The Skippers sealed the win at the foul line down the stretch.

"I'm very happy that we're still undefeated," Cohasset coach Bo Ruggiero said. "It's not easy when you've always got that bull's-eye on you, but we're accepting the challenges."

Coming off an emotional South Shore League win over Rockland Friday night and facing another key league clash against Monomoy tonight, Ruggiero warned his team beforehand to be wary of a road ambush.

"I had told my team before the game and in practice (Sunday) that this is somewhat called a trap game," Ruggiero said, "and now that we know it's a trap game, it's not a trap game anymore. You've got to use your head."

Actually, the Skippers could have used a hot hand early on as they missed five of their first six shots from the floor, but couldn't take advantage of some even shakier shooting by the Hawks, who didn't notch their first field goal until Jaylen Jones' 3-pointer with 27 seconds left in the first period to close the gap to 8-2.

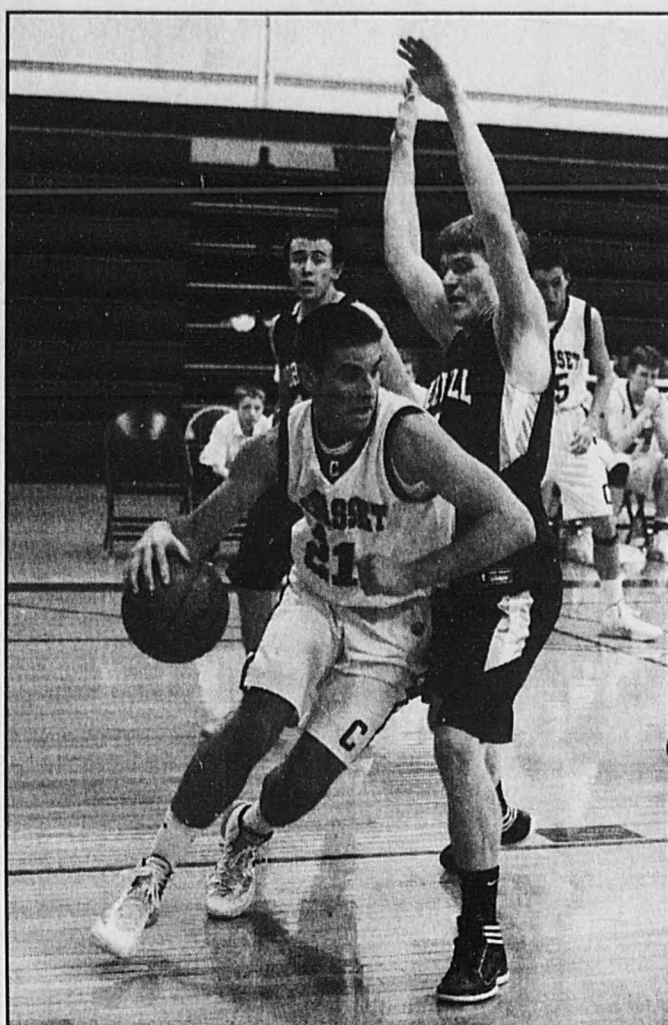
Southeastern (5-3) struggled throughout the first half against Cohasset's full-court press, resulting in a slew of turnovers by the Hawks and a half-dozen steals by the Skippers.

"I thought, at times, that we beat ourselves a lot," Southeastern coach Dean Duquette said. "They're a good team, they're well coached, but I think, a lot of times, we beat ourselves - dribbling it off our foot and turning it over, but they're a very good, disciplined team."

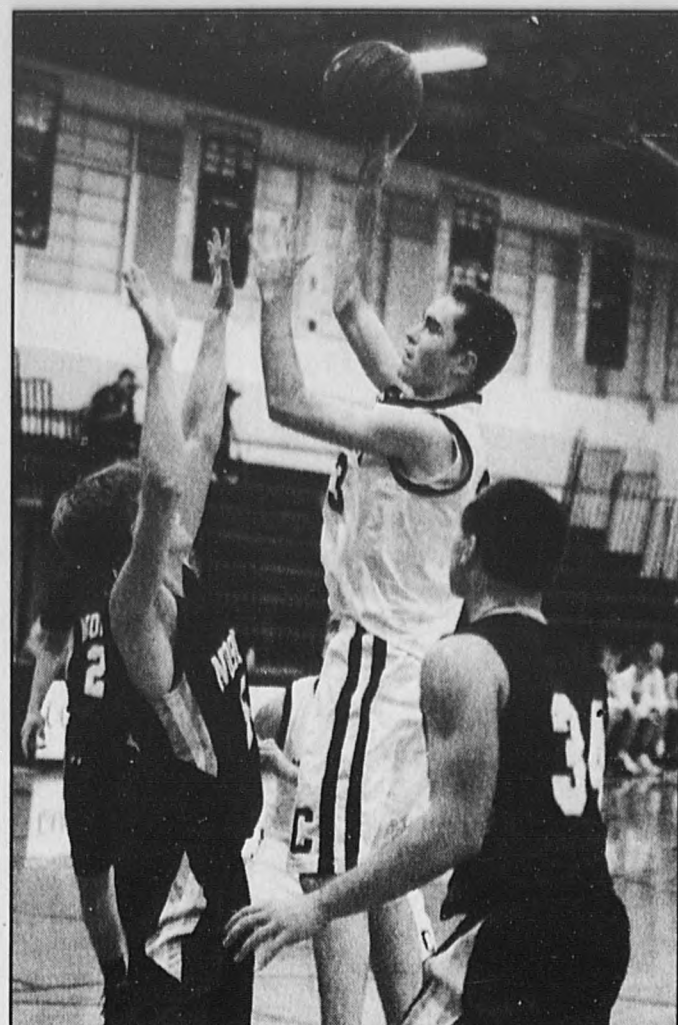
Cohasset's disciplined distribution of the ball and harassing press finally paid dividends after a three-point play by Fernando Quade gave Southeastern its only lead of the game at 12-10 with 4:42 left in the half.



Cohasset's Rocco Laugelle makes a pass from the air against Norwell last week. Laugelle was injured against Rockland, but returned for Wednesday's win over Southeastern.



Cohasset's Joe Buckley looks for a lane during a recent win over Norwell. Buckley has been a big factor in Cohasset's 8-0 start. PHOTOS/K.A. MACDONALD



Cohasset's Jack Chamberlain shoots over the Norwell defense last week.

BASKETBALL

Continued from 17

to continue to work hard in order to continue to win"

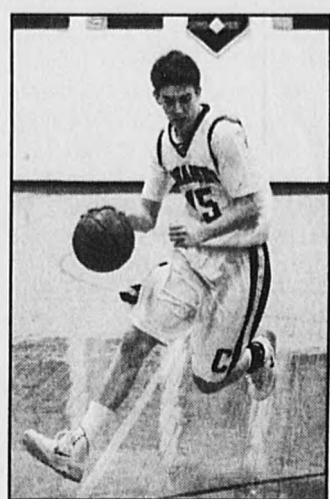
The Skippers proceeded to win a non-league game against Southeast Regional on Monday night 56-47.

Brown was able to secure 19 points (shooting 80 percent from the floor) and Laugelle added 10 in his return to action.

The two wins brought the team's record to 8-0 overall and 7-0 in the South Shore League. The Skippers are currently in first place in the SSL and hope the continue this season this way.

They will play in Monomoy tonight at 6:30pm.

Be sure to watch Cohasset High School Senior Matt Mac-



Cohasset's Henry Brown is first place in the SSL and hope the continue this season this way.

Cormack's CSPN production of the Cohasset - Rockland game at <https://www.youtube.com/watch?v=X19mrwl5fgA>

For daily updates on sports visit us online at wickedlocalcohasset.com

HOCKEY

McCabe heating up for Canadiens

South Coastal Hockey League roundup

By Mark Ducharme
Correspondent

The hottest player in the South Coastal Hockey League is easily Pembroke's Bob McCabe of the Canadiens in the Classics Div.

In the championship game of the Fall Season, McCabe scored three goals in his team's 5-3 win over the Black Hawks. He has started the Winter Season with back-to-back hat tricks. His second hat trick of the Winter Season gave the Canadiens a 6-3 win over the Red Wings.

Cohasset's Tim Curran had a goal and an assist, Tom Lema and Jim Donnelly both of Marshfield added a goal each while Pembroke's Mike Fahie had three assists in the win.

Pembroke's Brian Hurcombe, Mike Evensen of Scituate and Steve Figlioli scored

a goal each for the Wings.

Jeff Gauthier had goal with two assists while Joe McCafferty scored a goal and assisted on another as the Maple Leafs rallied for a 5-2 win over the Bruins in a Classic Div. game. Jim Bristol, Don Studley of Norwell and Dave Burke of Hingham added a goal each for the Leafs.

Pembroke's Tom Hickie scored both Bruins goals to give them a 2-0 lead in the first period.

John Dunn scored with three minutes left in the game to break a 2-2 tie and give the Black Hawks a 3-2 win over the Rangers in a Classics Div. win. Tony Rota and Mike Fay added a goal each for the Black Hawks while Lou Sideropoulos and John Sances each scored an unassisted goal for the Rangers.

Norwell's James Ward scored a third period goal

and added the only goal of the shoot out to give the Toros a 5-4 Legends Div. win over the Saints. Scott Morgan of Hanover had a goal and an assist, Peter Cleary and Jim Holmes both of Pembroke added a goal each for the Toros.

Marshfield's Steve Quinn scored a goal and assisted on another, Paul Murphy, Mike Ryan and John Davey score a goal each for the Saints.

Scituate's Steve Concannon scored for the Whalers and Bob Donahoe scored for the Sharks in their 1-1 Legends Div. tie.

Mike Simon and Marshfield's Jim Donovan both scored goals and Jim Callahan had two assists in the second period as the Crusaders hung on for a 2-1 Legends Div. win over the Stingers.

Tom Williams scored the lone goal for the Stingers in the first period.



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YOUTH SOCCER

HOT SHOTS

HOT SHOTS soccer is a program using puppets, parachutes and pillow fights along with other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem for preschool through 5th grade girls (ages 2-11). The program develops soccer skills while the girls have fun at the same time.

HOT SHOTS, runs on Sundays in the winter, is based in Marshfield but is open to girls from all South Shore communities.

The 2014 season begins Sunday, Jan. 19, and there are plenty of openings in all the sessions (9, 10, 11 AM, Noon, and 1 PM). Registration forms and more information are available on the **HOT SHOTS** website (www.hotshotssoccer.org).

The season begins Sun., Jan. 19 and runs for ten Sundays through Mar. 30 with one Sunday (Mar. 16) off. The sessions are held at the Furnace Brook Middle School gym in Marshfield. The fee is \$85 and includes a T-shirt and medal. The times: Preschool and K girls (9AM, 10, 11 and noon); grades 1-5 (1-2 PM).

Questions? Call John Wilpers (617-688-0137-cell), write HOTSOTSoccer@aol.com or go to www.hotshotssoccer.org.

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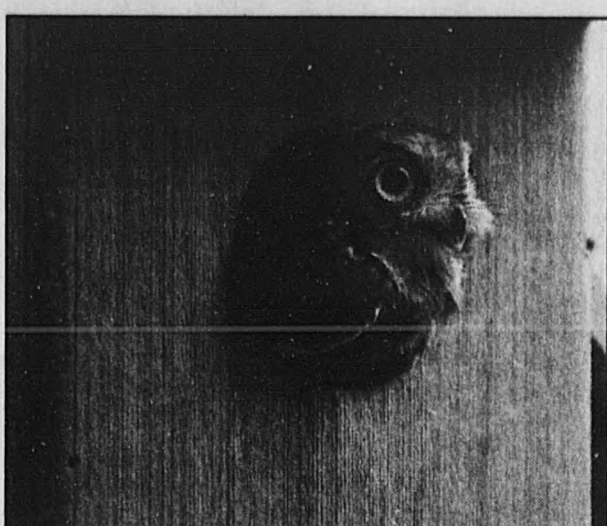
The captive audience watches as Mark Wilson holds up "Owl Babies" during a reading of the story during the "Eyes on Owls" demonstration Saturday at the library.



Amanda Bross, 7, gets a chance to practice her owl call with a Great Horned Owl.



A closer look at an Eurasian Eagle Owl.



Eastern Screech Owls can often be found living in small holes in trees as shown during the Eyes on Owls demonstration.



A Barn Owl has a heart-shaped face.



An Eastern Screech Owl likes having its picture taken as it poses for a portrait.

Eyes on Owls

On Saturday, Jan. 11, in the Meeting Room at the library, Marcia Wilson, naturalist and owl rehabilitator, and her husband, Mark, a wildlife photographer, presented, Eyes on Owls. They introduced attendees to owls found in New England and around the world. Participants could practice hooting skills, see live owls close up and learn what can be done to protect owls. This event was funded by the Friends of the Cohasset Library.

Photos by K. A. MacDonald

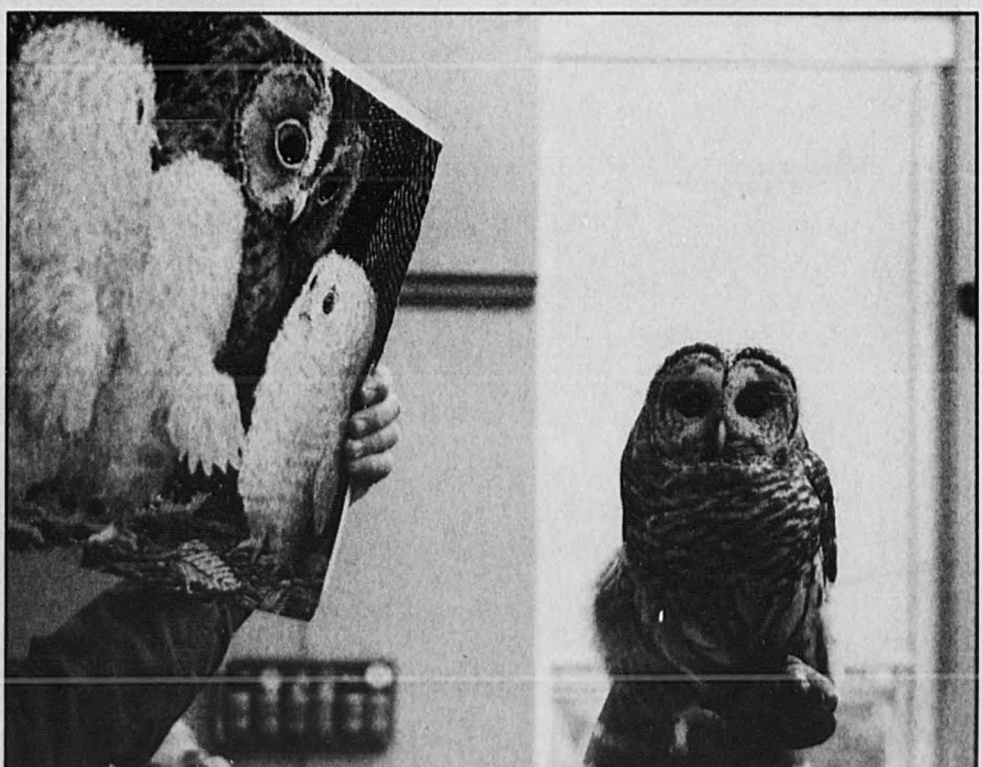
Check out all the Eyes on Owls photos in color, online at: wickedlocalcohasset.com



A Great Horned Owl is an impressive creature.



A Eurasian Eagle Owl poses for its portrait.



The mother in the book "Owl Babies" is a Barred Owl just like attendees saw in real life.



A Barn Owl shows off its wings to the crowd.

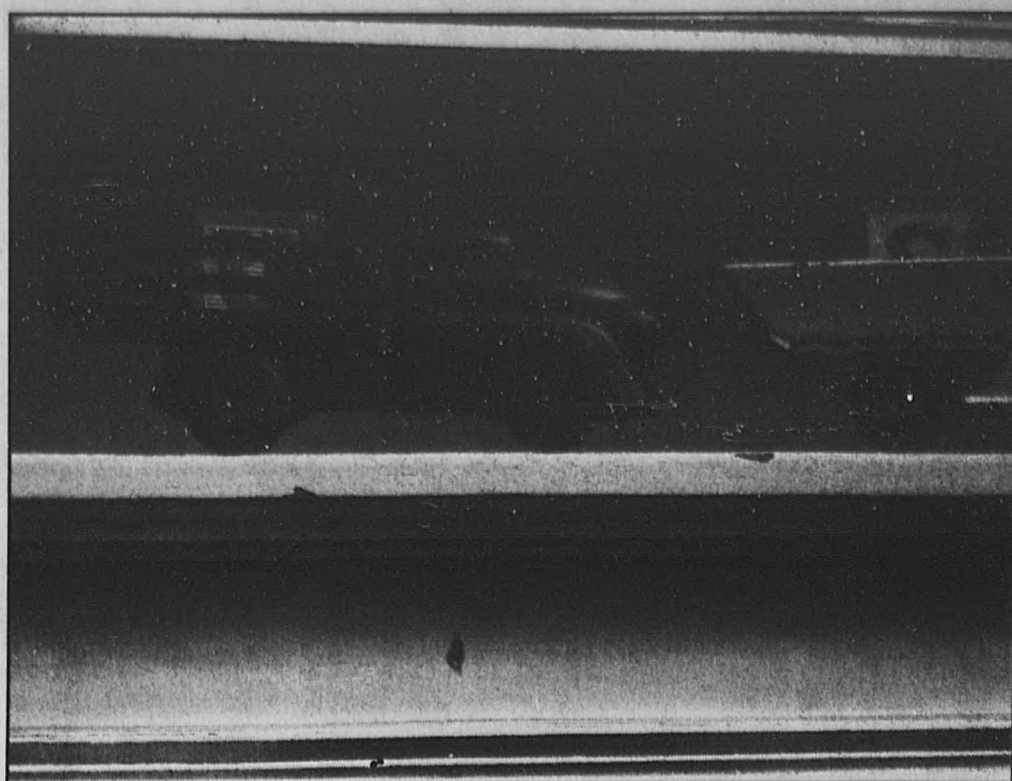
DON'T MISS THIS

'Made in America' at South Shore Art Center

Made in America is the theme of South Shore Art Center's newest Bancroft Gallery exhibition, which continues through Feb. 9. The exhibition was selected by Laura Montgomery, Director of the Bunker Hill Community College ART GALLERY.

"The 'MADE IN AMERICA' exhibit contains artwork and imagery made by the impressive creative talents of Gallery Artist members of South Shore Art Center. The combined assembly of work offers a breadth of American iconographic imagery through a diversity of expressive media. From the various representations of Old Glory; the exhibit is speckled with red, white and blue, to vintage Detroit autos, cowboy boots, and a North Western Native American Totem detail, the exhibit provides scenery, views, portraits, details, and glimpses of much that is American. Works in oils, watercolor, pastel, photography, digital media, graphic art, fiber art, collage, sculpture, and book art demonstrate the range of media through which this American theme is expressed.

The show contains landscapes of our own unique South Eastern Mass seaside geographic locale, a robust painterly representa-



"American Made" oil on canvas by Ted Polomis. COURTESY PHOTO

An exquisitely rendered still-life painting with vintage toy trucks & blocks on mantel - sure to evoke the child, or thrill the collector in all of us. The artist's expert draftsmanship, the image's photorealist efficiency and nostalgic charm make Ted's "American Made" a South Shore Winner!

tion of a bald eagle, aspects of Americana in the form of a fried dough stand, vintage automobiles, and a flag festooned front porch. American issues like consumerism, female body-image, and nature conservancy are imbedded in some works. The Statue of Liber-

ty, Marilyn Monroe, Dubble Bubble gum, Jif Peanut Butter, Tie Dye, Broadway and the South Shore all make cameo appearances. The combined elements and visual fragments form an amalgam; that like the term melting pot, describe this group's collective con-

cept of America nestled into the Cohasset Village." Winners included Ted Polomis from Marshfield, Patricia Berube from Cohasset, Ray Genereux from South Dartmouth, Mass., and Margaret McWethy from Hingham.

BRIEFLY

Lewis elected to bus. board

Dr. Lisa Lewis of Cohasset Family Chiropractic has been elected to the board of directors of the South Shore Women's Business Network.

Six women who felt that the needs of women business owners on the South Shore were not being met started the network in 1991. SSWBN provides coaching, collaboration, community and contacts for our 300 members through educational forums, networking lunches, speaker breakfasts and after-hour events.

For more information visit <http://www.sswbn.com>.

Homework center is open

The Homework Center at Paul Pratt Memorial Library has reopened for the school year and will meet every Tuesday from 5:30 to 7 p.m. Students in grades 3 and up are encouraged to come to the library to complete their homework in a supervised setting. Tutoring is available from Cohasset High School National Honor Society students and light refreshments will be provided.

The Homework Center is funded by the Friends of the Cohasset Library.

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HEALTHYLIVING

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NUTRITION

Slim resolutions?

Take small steps to lose that extra weight

By Kellie K. Speed
Correspondent

It's that time of year again, when resolutions are made and often quickly broken, especially when it comes to fitness regimens. How can you get on a fitness plan that works to achieve your goals of shedding that extra weight while remaining on a healthy routine? To get started on the right track, create an attainable fitness program that focuses on small goals to keep you on a healthier path.

For example, start by choosing healthier foods to eat instead of reaching for sugar-laden treats. Stocking up on healthier fruit and vegetable choices in your refrigerator instead of cookies and candies in the cupboard is the first step. If there are no snacks in the house, there is no temptation to eat them.

"At the beginning of every

year, everyone always gets excited about weight loss but as a nutritionist, I cringe going into the holidays as all the foods that you haven't seen in a year are back in your face," said Mary Goldberg, MPH, RD, LDN, outpatient dietitian at Southcoast Center for Weight Loss in Wareham. "It almost gives people that cart blanche attitude that they can indulge since they haven't in a year, although the foods today have gotten more elaborate and calorically dense. I like to think of New Year's as a cleansing and restart. If you go from elaborate overindulgence full gun into a diet, that weight-loss program is going to last two to three weeks. I look at basic nutritional needs and focus on appetite control and making small changes."

Set realistic goals for yourself so you don't get frustrated. Remember that all of the weight didn't come on overnight so it is going to take some time to take the extra pounds off.

"One of the most important

things definitely is to increase your water intake and get plenty of sleep, at least eight hours a night," Sue Ellis, manager of Ideal Weight Loss of Stoughton, said. "Your body can't burn fuel if you aren't rested. Don't eat after dinner and it's important not to snack if you are trying to lose weight. Make breakfast the biggest meal of the day. It's all common-sense things, but it's hard to do. I think the biggest secret to weight loss is drinking 64 to 84 ounces of water a day. Just keep some water in front of you all day long. The water keeps you feeling full and you will lose weight."

Realistic goals can be achieved if they are taken one day at a time.

"Start with the basics by looking at what you do, even journaling down your dietary routine," Goldberg said. "Start small and see how you can best change that. Instead of eating a donut or muffin with butter for breakfast, have a yogurt with some fresh fruit. Keep it simple so it can be repeated.



Making small changes in your diet and exercise plan will result in a weight-loss program that will last longer than two to three weeks, according to Mary Goldberg, outpatient dietitian at Southcoast Center for Weight Loss in Wareham. PHOTO COURTESY OF SOUTHCOAST CENTER FOR WEIGHT LOSS

Another thing to keep in mind is you can't just eat your way to thinness. You need to move the body. If you can't make it to the gym, go to a store and just walk up and down the aisles for exercise. You can also incorporate exercise into the family or household by dancing with the

kids or turning on some music when cleaning the house to get the body moving. The hardest part to get going is changing your habits from the old year but if it's too dramatic, it won't stick."

Keep thinking positively to encourage you to reach your goal and remember if you do have a bad day where you indulge or decide not to go to the gym, it's not the end of the world. Tomorrow is another day to get back on the right track.

Juice your way to better health

One of the best ways to kick-start a healthier routine is by juicing. You've heard it before but now it's your turn to introduce more fruits and vegetables into your daily diet.

The easiest way to do just that is by blending up a variety of your favorite green, leafy vegetables and fruits into a healthy shake that can be enjoyed either at the start of your day to kick-start your new routine or throughout the day as a healthy snack. Choose leafy greens stocked with fiber like kale, collard greens, spinach and Swiss chard to jump-start your metabolism paired up with sweet fruits with healthy benefits like apples, pears and bananas.

Fiber-rich foods can help you feel fuller throughout the day, which will deter you from wanting to snack. Juicing also helps to flush out all of the toxins to reduce the acidity level of your body.

"Greek yogurt is loaded with whey protein and can be added instead of protein powder," Mary Goldberg, MPH, RD, LDN, outpatient dietitian at Southcoast Center for Weight Loss in Wareham, said. "Vegetables have a lot of nutrients and taste great with fruits like mango. You can also buy frozen fruit that can be mixed into a nice, thick smoothie."

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Fit kids

Motivate your children to stick to a healthy routine

By Kellie K. Speed
Correspondent

Now that the holidays are officially over and new resolutions have been made, it's time to think about how to get in shape. Just as impor-

tant as getting your own self in good health is making sure your kids are on the right path physically. How can you do just that? With a little motivation and a positive attitude, children can not only enjoy exercise but will want to add it to their daily lifestyle.

"We all know the adage that kids should get out and play but I think that's really important as far as kids staying fit," Steve Anzuoni, owner of Athletic Republic of Kingston, said. "A lot of kids being healthy has to do with common sense. It starts with food and healthy snack choices and not being loaded up with sugar and carbs. Little choices like that make a difference. It's also important to get kids off the couch. For little kids that's easy because they have a lot of energy but for older kids, they need some motivation to get away from those video games."

Is it possible to overdo it? "I train athletes and am a believer that there are times when you should back off sports," Anzuoni said. "There really has to be a healthy balance. It all starts with the parents and they should make good food choices for their kids to get them into a healthy habit. At Athletic Republic, there are two levels of training that we offer, including

SEE FIT KIDS, NEXT PAGE

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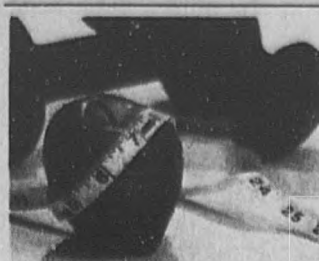
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HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2014

Mind and body

Enjoy the many benefits of yoga

By Beth Doyle
bdoyle@wickedlocal.com

Following the excitement (aka stress) of the holidays and the inevitable over-consumption of goodies that are bad for us, it might be the perfect time to start something new that will help us lower our stress levels and get in shape. It just might be the perfect time to try yoga.

Although some people might view yoga as an exercise form for middle-aged women, there's no limit as to who's doing yoga now.

People of all ages take classes, according to Richard Lanza, the owner of Open Doors Yoga Studios, with 14 locations south and west of Boston, from Dorchester to Plymouth and North Scituate to North Attleboro. Open Doors is branching out nationally, also, with a new studio opening in El Paso, Texas, in February.

"In the past, yoga classes were predominantly women, but over the past three years men have become a large part of the community," Lanza said. "We have also found a growing number of both teens and seniors are now attending classes."

And if you thought that yoga only provided gentle exercise, think again.

"There is a common misconception that all styles of yoga are just for stretching and relaxation," Lanza said. "The contrary is true; many styles of yoga are active, offering a cardio workout, as well as increasing strength and overall body toning. Yoga also reduces stress both on and off the yoga mat. It has also been proven that yoga can affect

brain activity and can have a direct effect on depression, anxiety and post-traumatic stress disorders."

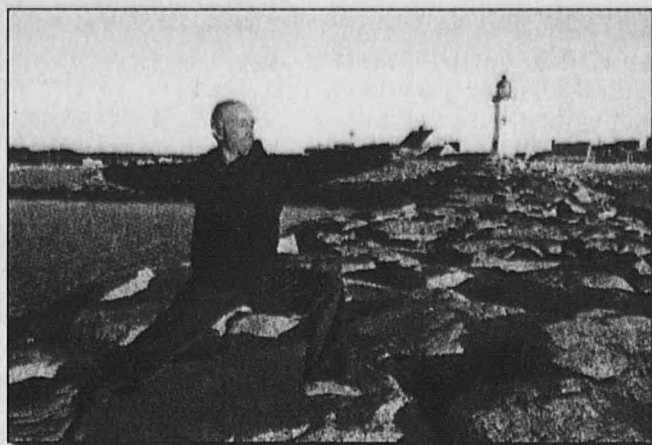
At Open Doors Yoga Studios, three levels of heated power yoga classes, from beginner to experienced, are offered, according to Lanza. The three levels are Intro to Postures for beginners, where the classes are warm and designed to introduce students to basic yoga postures; Power Yoga Moderate for beginners to experienced students who want a moderate intensity class, with heat around 85 to 90 degrees; and Power Yoga for experienced students who want a high-intensity, high-heat class, with heat around 95-plus. Some Open Doors studios also offer gentle yoga, prenatal yoga, kids yoga and boot camp yoga.

One doesn't have to be a long-time practitioner of yoga to get the benefits of it, though. The effects of a yoga class are felt immediately, according to Lanza. "Students report a feeling of well-being and clarity after taking a yoga class," he said. "With regular practice of one to three times a week, one is able to achieve greater physical health and emotional balance."

Another nice aspect of yoga is that it doesn't require any expensive equipment, typically just a yoga mat, a bottle of water and a large towel, Lanza said.

If you've never taken a yoga class, don't stress about it — newbies are welcome, too.

"For many, walking into a yoga class for the first time can be intimidating because of not knowing what to expect," Lanza said. "Yoga studios are very welcoming for all new students. It is important for a student to arrive with an open mind, a willingness to try something new, and an understanding that



In addition to reducing stress both on and off the mat, many styles of yoga are active, offering a cardio workout, as well as increasing strength and improving overall body toning, according to Richard Lanza, pictured, the owner of Open Doors Yoga Studios. PHOTO COURTESY OF OPEN DOORS YOGA STUDIOS

a yoga class is noncompetitive. Students are encouraged to go at their own pace while respecting the limits and strengths of their body."

Sally Goldman and her husband, Steve, owners of Weymouth Club in Weymouth, have recently renovated space to include a hot yoga studio that they call the Mind Body Center. Complete with a waterfall, it's "absolutely spectacular," according to Sally Goldman, who noted it also includes spa services and will soon offer hot bar classes.

The Mind Body Center at Weymouth Club offers yoga classes at different temperatures, the highest is 95, with classes also offered at 90, 85 and 80 degrees.

"People really like the hottest temp of 95," Goldman said. "The benefit is the constant cleansing, the sweating. You can do the moves and stretches easier, getting rid of the toxins easier. It helps your overall well-being," she said, adding that even someone new to yoga can take classes in the hotter temperatures.

"Part of the purpose of yoga is the mind and body. You're able to quietly concentrate and move your body in the way you intend to and get peace of mind from that," Goldman said, referring to

the heat and how it makes the movements easier. "Afterwards you feel so much calmer and you feel peaceful and I think you feel more ready to take on what we have to take on in our lives. There's so much stress, with the fast pace of everything. I feel it's getting so much more. Technology is speeding everything up. The ability to be in this quiet, beautiful space is absolutely, fabulous. The minute you enter the studio, you begin to feel the quiet and peace."

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FIT KIDS

Continued from previous page

sports performance training for middle school and high school kids to help develop strength, agility and speed through certified trainers, who show them how to lift weights. I see kids go to the gym and try to outdo each other and get hurt by not lifting right or overdoing it. We teach them how to lift appropriately. We also offer adult classes and work with moms and dads, who want to be in shape, from introductory to advanced levels."

For younger kids, The University Sports Complex in Hanover has a multi-sport kids program designed for children from ages 3 to 6 years.

"Our U Kids sports program is a new class that gives kids the opportunity to explore different sports every week," Sean Lahiff, the complex's director of marketing, said. "They could do soccer one week and then basket-

ball the next week then move onto flag football, floor hockey, tee ball and kickball. We also have a basketball program called Future Stars for preschool to second graders that continues for eight weeks. The staff members do drills and teach kids how to do hoops. We will also have an indoor soccer week starting in February for younger children as well as sports specific training for kids of all ages to varsity level."

Lahiff also believes ensuring good health for children starts with the parents.

"It's very important these days with the growing rates of obesity, for parents to make good food choices," he said. "Most parents today are working two jobs so we need to find a way to get the kids active and off the couch. As much as studying is important, athletics should be just as important in every child's life."

For a different exercise regimen, sign the kids up for a Tae

Kwon Do class at the newly opened Carver Martial Arts.

"We teach kids everything from Tae Kwon Do to other disciplines here," owner Kyle Bassett said. "Today's kids are all about video games, which is why childhood obesity has become such a widespread problem. It's important to tell parents they need to find ways to get their kids motivated and teach them self-discipline. They need to get kids out and socialize and get them away from the video games. My biggest challenge is keeping exercise fun for the kids. Everyone has to watch their sugar intake and parents really need to be on top of what kids are eating. We teach martial arts here for kids ages 6 and up. It's a great way for kids to get exercise into their life."

Once parents have signed the kids up for a program they enjoy, it's important to keep them in a regular routine so they stay motivated, fit and healthy.

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Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot. The walk follows

the road race route however it starts and ends at the beach.

The \$30 registration fee will increase to \$35 on March 15th, so avoid the fee and ensure the fun. E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank 2013 Banner Sponsors, RW Rosano, Graham Waste Services, ColoSpace, Suburban Contract Cleaning, Inc. and Pilgrim Bank for their generosity and partnership.

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Summer Xtreme signups

Summer Xtreme is for students entering grades six through nine in the fall of 2014.

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• Week 2 July 7 to 10 - Patriot Place and Boston Red Sox; 1 to 8 p.m. - 4 p.m. game

• Week 3 July 14 to 17 - Water Wizz and Boston Bowl; 9:30 a.m. to 4:30 p.m.

• Week 4 July 21 to 24 - Six Flags and

Nantasket Beach; 9 a.m. to 9 p.m. via coach bus.

• Week 5 July 22 to 25 - Boston Paintball 9 a.m. to 2:30 p.m. and Paw Sox 8:45 a.m. to 4:45 p.m.

• Week 6 July 29 to Aug. 1 - Water Country 11 a.m. to 8 p.m. and Rock On • Week 7 Aug. 5 to 8 - Water Wizz 9:30 a.m. to 4:30 p.m. and TSNY Trapeze

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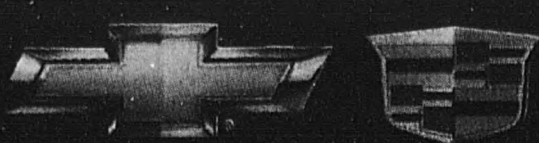
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*Lease for 36 mos. with \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2013 FORD TRANSIT CONNECT XL VAN



SAVE UP TO \$4,376 STK. # W59398

BUY FOR \$19,299

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD ESCAPE S



\$0 DOWN LEASE FOR \$199/MO. STK. # S11380

SAVE UP TO \$3,596

BUY FOR \$19,999

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD TAURUS SE SEDAN



\$0 DOWN LEASE FOR \$259/MO. STK. # W51837

SAVE UP TO \$6,896

BUY FOR \$20,599

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD F-150 REG CAB



SAVE UP TO \$3,341 STK. # B422

BUY FOR \$22,599

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2013 FORD C-MAX HYBRID SE



\$0 DOWN LEASE FOR \$299/MO. STK. # 501941

SAVE UP TO \$3,091

BUY FOR \$23,199

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2013 FORD EDGE SE



\$0 DOWN LEASE FOR \$249/MO. STK. # 8855

SAVE UP TO \$4,996

BUY FOR \$23,599

*Lease for 36 mos. with \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD EXPLORER



\$0 DOWN LEASE FOR \$269/MO. STK. # 9545

SAVE UP TO \$4,096

BUY FOR \$26,399

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD FLEX SE



\$0 DOWN LEASE FOR \$299/MO. STK. # W16412

SAVE UP TO \$2,991

BUY FOR \$27,299

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

NEW 2014 FORD F-150 SUPER CAB



\$0 DOWN LEASE FOR \$349/MO. STK. # 9379

SAVE UP TO \$5,341

BUY FOR \$27,599

*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

*All leases with 10,500 allowed miles per year. All rebates to dealer. Must finance with dealer. Photos are for illustration purposes only. Offers expire 1-24-14.

COHASSET POLICE FIRE LOG

Monday, Jan. 6

1:50 a.m. **Ripley Road**, motor vehicle stop; citation issued.
 2:34 a.m. **Atlantic Ave.**, motor vehicle stop; arrest. Male in custody. Arrested: Richard McFarland, 57 of 15 Marion Way, Cohasset. Charges: OUI alcohol (second offense), negligent operation of a motor vehicle, and open container of alcohol in the vehicle.
 5:09 a.m. **Elm St.**, medical aid.
 7:21 a.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic hazard.
 7:33 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued. Criminal application filed.
 8:07 a.m. **Chief Justice Cushing Hwy. and King St.**, traffic hazard. Caller reports traffic is backing and waiting too long, possibly a light issue.
 8:58 a.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic hazard. Caller reports walk signal is coming on after every light change causing a backup to the Walgreen's. State notified.
 9:03 a.m. **King St.**, disabled motor vehicle. Will be transporting party back to his house. Owner will be arranging a private tow for the vehicle.
 9:25 a.m. **Cohasset Station, Chief Justice Cushing Hwy.**, suspicious vehicle. Sedan is parked with lights on and two windows down. Been there for 20 minutes. Confirmed party is OK.
 10:15 a.m. **Timber View Lane**, medical aid.
 11:10 p.m. **Chief Justice Cushing Hwy. and Pond St.**, request for an officer. Mass DOT requesting an officer for assistance while he gets the overhead in the middle of the intersection.
 1:45 p.m. **Ripley Road and Sohier St.**, DPW. Lights at the intersection are flashing. DPW

notified.

1:49 p.m. **Wheelwright Farm**, medical aid.
 2:07 p.m. **S. Main St.**, community service.
 2:09 p.m. **Chief Justice Cushing Hwy.**, dispute. Caller reported a vehicle hit his car and drove off. Unknown description of the vehicle and unknown direction of travel. Requesting to speak with an officer. No accident. Verbal dispute between two parties.
 2:26 p.m. **Village, S. Main St.**, large pothole, DPW notified.
 3:38 p.m. **Stockbridge St.**, inside gas odor Party in the lobby at headquarters reports inside odor of gas. Reports last week Fire went for a burst pipe. National Grid on scene.
 4:30 p.m. **Elm St.**, trespass order. Requests an officer to assist with no trespass paperwork being served. Male served and left the property.
 4:56 p.m. **Jr./Sr. High School, Pond St.**, medical aid. Dislocated shoulder.
 5:19 p.m. **Pratt Court**, inside water leak.
 6:15 p.m. **Margin St.**, suspicious activity. Suspicious mail delivered to P.O. Box.
 7:41 p.m. **Harbor Inn, Elm St.**, medical aid.
 8:20 p.m. **Chief Justice Cushing Hwy.**, traffic hazard. Caller reports in the northbound lane, possible Fiberglass crate in the roadway. Appears to be a steel air conditioning housing. Mass Highway advised.

Tuesday, Jan. 7

7:01 a.m. **Bancroft Road**, directed patrol.
 10:15 a.m. **Chief Justice Cushing Hwy.**, Police Department investigation; follow-up.
 11:18 a.m. **Beechwood St.**, motor vehicle stop; verbal for speed.

11:52 a.m. **Chief Justice Cushing Hwy. and King St.**, motor vehicle stop; citation issued.
 12:17 p.m. **Atlantic Ave. and Hobart Lane**, motor vehicle stop; verbal for speed.
 1 p.m. **Forest Ave.**, motor vehicle stop. Verbal warning for tint.
 1:26 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning.
 1:41 p.m. **Stockbridge St.**, medical aid.

Wednesday, Jan. 8

12:59 a.m. **Jerusalem Road**, medical aid.
 6:32 a.m. **Jerusalem Road**, directed patrol.
 7:18 a.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic hazard. Light goes into pedestrian mode and backs up traffic. Mass Highway notified.
 7:23 a.m. **King St.**, community service.
 10:29 a.m. **Howard Gleason Road**, larceny report. Blue pickup truck took some metal. Left toward Atlantic Avenue toward Hull. Caller is with Harbor-master. Items have been returned, yacht club does not wish to press charges.
 10:35 a.m. **Atlantic Ave. and Jerusalem Road**, motor vehicle stop. Will follow pickup back to yacht club.
 10:37 a.m. **Jerusalem Road**, traffic hazard. Caller reporting icy road conditions near the church.
 11:24 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning; speed.
 11:32 a.m. **Chief Justice Cushing Hwy. and Pond St.**, motor vehicle stop; verbal warning.
 11:43 a.m. **King St.**, motor vehicle stop. Verbal warning for failure to yield.
 12:11 p.m. **Spring St.**, motor vehicle stop. Warning for speed.
 1:05 p.m. **King St.**, motor vehicle

stop. No injuries, very minor in nature. No tow necessary.
 1:07 p.m. **Ripley Road**, motor vehicle stop; citation issued.
 1:17 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop. Verbal warning for tint.
 1:24 p.m. **S. Main St.**, CO alarm. CO detector/gas leak first floor. National Grid notified and responding.
 1:53 p.m. **King and Sohier St.**, motor vehicle stop. Cited for speed.
 1:57 p.m. **Cedar Acres Lane**, motor vehicle stop; citation issued.
 2:15 p.m. **S. Main St.**, motor vehicle stop; citation issued.
 3:26 p.m. **Beechwood St. and Bound Brook Lane**, motor vehicle stop. Citation for red light and inspection sticker.
 3:39 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop. Citation for red light.
 4:23 p.m. **Chief Justice Cushing Hwy. and Pond St.**, traffic hazard. Every cycle the light keeps putting the walk signal up and no one has pushed the walk button and this has made some traffic. Calling State DPW. They are aware of this problem and they will be out tomorrow to repair it. They have a detail booked with the Police Department.
 4:32 p.m. **Brewster Road**, outside water leak. Water main cover in front of Pilgrim Bank; icy water coming up through it. It appears as if there is snow melting from Brewster Road. Mass Highway notified of water on 3A.
 5:11 p.m. **Forest Ave.**, directed patrol.
 5:27 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.

Thursday, Jan. 9

1:32 a.m. **King St.**, open door/window. Out with an unattended motor vehicle. There is

also a building door open at the same address. Building is clear and secure.
 1:55 a.m. **Jerusalem Road**, animal call. Dog has been outside howling for a while now. Dog was brought in prior to arrival.
 2:24 a.m. **S. Main St.**, parking enforcement. Parking violation issued.
 2:38 a.m. **Atlantic Ave.**, suspicious vehicle. Town bylaw violation for passenger of motor vehicle.
 6:14 a.m. **Village, S. Main St.**, community policing.
 6:41 a.m. **Forest Ave.**, medical aid.
 7:20 a.m. **Chief Justice Cushing Hwy. and Pond St.**, utility notification. Highway notified that the pedestrian light is still on a cycle. They will be coming out today when the weather warms up and change the whole system.
 9:18 a.m. **S. Main St.**, motor vehicle stop; citation issued.
 9:55 a.m. **S. Main St.**, motor vehicle stop; verbal warning.
 11:04 a.m. **S. Main St.**, parking enforcement.
 11:32 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 11:49 a.m. **Sohier St.**, motor vehicle stop; citation issued.
 12:07 p.m. **Forest Ave.**, motor vehicle stop; citation issued.
 12:56 p.m. **Forest Ave. and Jerusalem Road**, notification. The stop sign is missing on Forest Avenue Extension coming from Hull into Cohasset. DPW notified.
 2:07 p.m. **S. Main St.**, motor vehicle stop; verbal warning.
 2:14 p.m. **Church St.**, inside water leak. Water leaking in basement; 8 inches of water. Water meter is broken. Water Department responding. Water and wiring inspectors on scene.
 2:18 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop;

verbal warning.
 2:27 p.m. **Chief Justice Cushing Hwy. and Ridge Top Road**, motor vehicle stop; verbal warning.
 2:50 p.m. **Forest Ave.**, motor vehicle stop; citation issued.
 2:52 p.m. **Border St. and Parker Ave.**, traffic hazard. Requests a tow respond as the ladder truck is unable to pass through. Dumpster has been relocated. Emergency vehicles can now pass freely.
 3:17 p.m. **Beechwood St.**, motor vehicle stop. Citation issued for a red light violation.
 3:18 p.m. **Brook and Elm streets**, motor vehicle stop; citation issued.
 4:26 p.m. **Jerusalem Road**, well being check. Caller reports there are two girls on the ice and the caller believes the water is brackish. Speaking with the girls who report they skate there every year and that the ice is solid and they are not in need of any assistance.
 5:10 p.m. **Ripley Road**, motor vehicle stop; verbal warning issued.
 5:17 p.m. **Elm St.**, medical alarm.
 5:41 p.m. **Forest Ave.**, directed patrol.
 5:55 p.m. **Elm St.**, well being check. Heading toward the harbor a guy walking down the middle of the street yelling. Caller is concerned about the male. Area search negative.
 6:04 p.m. **Forest Ave.**, motor vehicle stop; citation issued.
 6:05 p.m. **S. Main and Summer streets**, directed patrol.
 7:40 p.m. **S. Main and Summer streets**, motor vehicle stop; citation issued.
 9:19 p.m. **Bay View Drive**, disturbance. Youths are banging on the walls and may be intoxicated. Verbal argument between mother and son.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

James F. Lydon Jr.

COHASSET — James F. Lydon Jr., 47, of Cohasset, passed away unexpectedly but peacefully Jan. 9, 2014.

Jimmy will be forever loved by his wife and soul mate of 21 years, Kathryn C. (Lowell); his son, James III; and daughter, Elizabeth; his sister, Jacqueline Stephens of Cohasset; his brother, Jeffrey Lydon of Scituate; his parents, James and Joanne Lydon of Twin Mt. N.H., (formerly of Cohasset); and his mother-in-law, Sally Lowell of Brockton. His sisters-in-law, brothers-in-law, many nieces and nephews, and his many supportive aunts and uncles will all miss Jimmy dearly.

He will be fondly remembered by his many friends, and co-workers (past and present) and his "Band of Brothers", whom all loved his quick wit and his big heart and smile.

Jimmy was a proud citizen of Cohasset, graduating in 1984 from Cohasset High School where he was a varsity member of the football team, and volunteering for many years at the JDRF Cohasset Triathlon.

Jimmy's love of the New England Patriots was his true passion, and he enjoyed his tailgating with friends and family. He was a commanding physical presence and an outdoors enthusiast who loved Black Rock Beach all year round, as well as storm chasing, snowmobiling, kayaking, yoga, lifting weights, hiking and reading a good book.

Jimmy was a whimsical and eclectic collector of curiosities from driftwood to didgeridoos, and his creative spark changed boat oars into stair railings, and Weber grills



James F. Lydon Jr.

into fire pits. He loved people. He loved meeting them, hearing their stories and learning about their lives. He had

all walks of life, and across the generations.

Jimmy worked at Lydon and Murphy Insurance a family business for over 23 years. He most recently enjoyed his time logging logs as the Hercules of Tree Work, and providing livery services for many from Cohasset, Scituate, Norwell and Hingham.

A celebration of life will be held Jan. 27, 2014, at 10 a.m. in The Barn at the Red Lion Inn, Cohasset.

In lieu of flowers, the family has set up a memorial fund that will directly benefit Jimmy's children.

A guest book may be signed by visiting the Web site of the McNamara-Sparrell Funeral Home, www.mcnamara-sparrell.com.

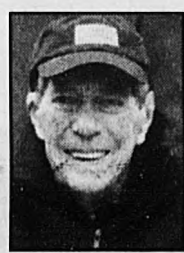
Also, please visit Friends of Jimmy Lydon and Family at www.facebook.com/groups/194287890769418/.

Donations to the James F. Lydon Jr. Memorial Fund can be made at www.gofundme.com/684rdk and checks payable to the James F. Lydon Jr. Memorial Fund may be mailed to Pilgrim Bank, 40 South Main St., Cohasset, MA 02025.



781-383-0200

Austin F. Lyne



Austin F. Lyne

CONCORD — Austin F. Lyne of Concord, beloved husband of Ann Blair Lyne, died on Thursday January 9, 2014, at the age of 87.

Mr. Lyne was born in Newton on January 7, 1927, the son of Daniel J. Lyne and Susan M. Lyne.

He is survived by Austin F. Lyne, Jr. and his wife Patricia of Scituate, Jane Oakes and her husband Robert of South Burlington, Vt., Lisa Tucker and her husband Richard of Chestnut Hill, James Blair Lyne and his wife Tracy of Concord, Michael D. Lyne and his wife Kameron of Brunswick, Me., and Stephen C.P. Lyne of Concord. His grandchildren are Austin F. Lyne III, Caitlin, Meagan, and Michael Oakes, Anne Morgan, John, Toph, and Willy Tucker, Clare and Jack Lyne, and Nolan and Sean Lyne. He was the brother of Sheila Lyne of Boston, and brother-in-law of Clare Lyne, Helene Lyne and Eleanor Blair. He was predeceased by brothers Eugene, Daniel, and Kerry, and sister Susan. He is survived by numerous and close nieces and nephews.

Mr. Lyne graduated from Boston Latin School, and Harvard College with the class of 1948. He also attended Princeton University with the NROTC, and was a post-grad at the University of Geneva, Switzerland. He served in the U.S. Navy during 1945-1946.

On his return from Geneva, Mr. Lyne joined First National Stores. He served First National in several positions before resigning as Senior Vice President. He is now President and Treasurer of The Good Sport, Inc., in Cohasset, a sporting goods store that he opened in 1977 with his son, Austin.

Mr. Lyne married Ann Blair of Sewickley, Pennsylvania on November 27, 1954. They lived in Cambridge and Sudbury before moving to Concord in 1960. He participated in numerous civic activities at different times. He was president of the Business Associates Club, and the Harvard Club in Concord, and was treasurer of the Concord Republican Town Committee. He was a director of the Concord-Carlisle Community Chest, the International Friendship League, and the Elizabeth Peabody Settlement House. He was a Trustee of The Fenn School and Belmont Hill School. He was a corporator of Belmont Hill and the Robert B. Brigham Hospital. He was a member of the Harvard 1948 Permanent Class Committee

and a member of the Boston Latin School Standing Committee.

Mr. Lyne's everyday life centered around his wife Annie,

their children, and their grandchildren. He loved his family, his church, and his country. He liked sports of all kinds. He played informal football and hockey during his first year at Harvard. When he returned from the Navy he played varsity Lacrosse, and for two years he was the college welterweight boxing champion. When in Switzerland, he skied most areas and played hockey for the Canton of Geneva. He later coached Belmont Youth Hockey for 15 years, coaching all of his four sons and many of their friends. He was awarded the first Concord Paddle Tennis Achievement Award. For many years he rarely missed a Harvard football or hockey game. His favorite time was playing golf late in the day with Annie.

He was a member of the Concord Country Club, the Harvard Varsity Club, the Delphic Club, Sorrento V.I.A., and the Megunticook Fish Association.

Visiting hours at the Dee Funeral Home, 27 Bedford Street, Concord Center will be held on Monday January 13th from 4 to 8 p.m.

A funeral Mass was celebrated on Tuesday January 14th at 10 a.m. in Holy Family Parish, Monument Square, Concord Center with a reception immediately following in Monument Hall, Monument Square, Concord Center.

Interment was held on Wednesday January 15th at 11 a.m. in Holyhood Cemetery, 587 Heath St., Brookline.

Concord's town flag will fly at half-staff on Tuesday January 14th in recognition of Mr. Lyne's service to his country in the U.S. Navy during World War II.

Donations in his memory may be made to Holy Family Parish, c/o Church office, 55 Church St., Concord, MA 01742. Arrangements are under the care of Charles W. Dee and Susan M. Dee, Dee Funeral Home of Concord.

To share a remembrance or send a condolence please visit www.deefuneralhome.com

Norma G. Telesco



Norma G. Telesco

Norma is survived by her children, Gail Petersen Bell and her fiancé, Stephan Bartlett of Hingham and Hull,

HINGHAM — Norma Grace (Kettells) (Roelke) (Petersen) Telesco of Hingham, formerly of Cohasset, passed away Dec. 15, 2013, at the age of 94, surrounded by loving family and friends.

She was born May 24, 1919, in St. Louis, Mo., to the late Jesse Cleveland Kettells of Calhoun, Iowa, and Matilda (Mierendorff) Kettells of Omaha, Neb.

She was predeceased by her husbands, Earl Roelke, Peter Petersen and James Telesco, the latter she married in 1962 and with whom she lived in Cohasset until he died in 1987, after which she moved to Hingham in 1992.

Norma was a very successful real estate broker and businesswoman for many years - a top producer for Jack Conway and Dwyer & Mullin until she started Home Center Realty (now Home Center Sotheby's International Realty) in Hingham at the age of 61, and which her daughter, Gail Petersen Bell, took over in 1987 when Norma retired.

Norma was a smart, spirited and generous woman who loved gardening, crossword puzzles, championship bridge, family poker games, entertaining family and friends and helping others in need. She was an active member of the Plymouth County Board of Realtors, the Neighborhood Club of Quincy and the Unitarian Church in Cohasset. She was also a former member of the Eastern Star.

Gary Roelke and his wife Patricia of Charlotte, N.C.; daughter-in-law, Kay Roelke of Ridgewood, N.J.; grandchildren, Christopher Bell, Cheryl Finger, Jody Van Houten, Karen McCloskey, Brian and Jason Roelke; and thirteen great-grandchildren. She was predeceased by her loving son, Edward Wayne Roelke.

Interment will be private at the Cohasset Central Cemetery and a memorial celebration will be held at the Unitarian Church on the Cohasset Common, 23 North Main Street, Saturday, Jan. 18, 2014, at 11 a.m. Luncheon to follow at the Parish House.

In lieu of flowers, donations in Norma's memory may be made to Care Alternatives Hospice of Massachusetts, 100 Locke Drive, Marlborough, MA 01752.

For information and online condolences, visit www.richardsongaffeyfuneralhome.com.



Richardson-Gaffey Funeral Home

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

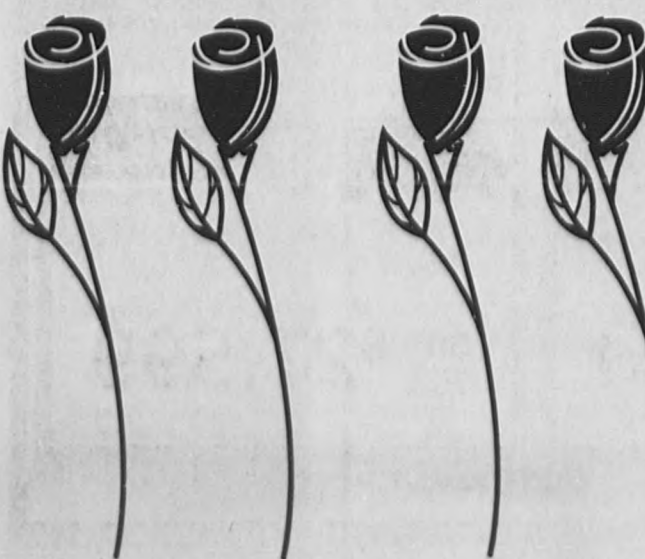
call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

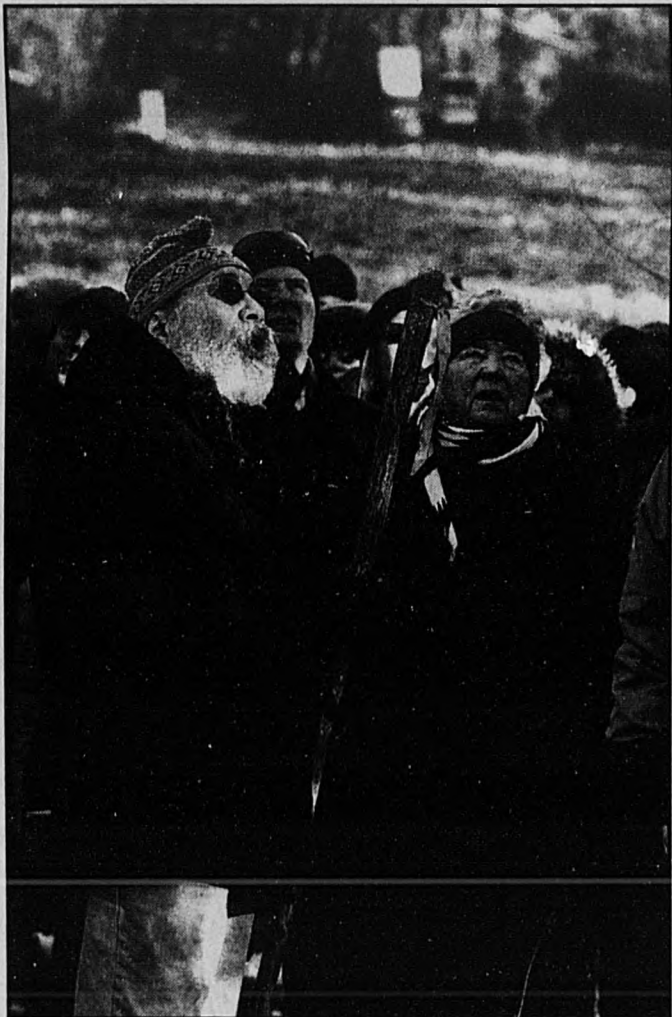




Geometric lines of ice form along a stream during a frigid cold New Year's Day.



Cindy Prentice, Director of Holly Hill Farm, greets the group of visitors showing the map of trails on the farm in Cohasset on Wed., Jan. 1.



Naturalist & Wetland Scientist Steve Ivas searches for a squirrel nest with nature walk visitors.



Naturalist & Wetland Scientist Steve Ivas (left) leads a group through the woods along the Ice Pond at Holly Hill Farm.

New Year's Walk

Holly Hill Farm hosts first event in 2014

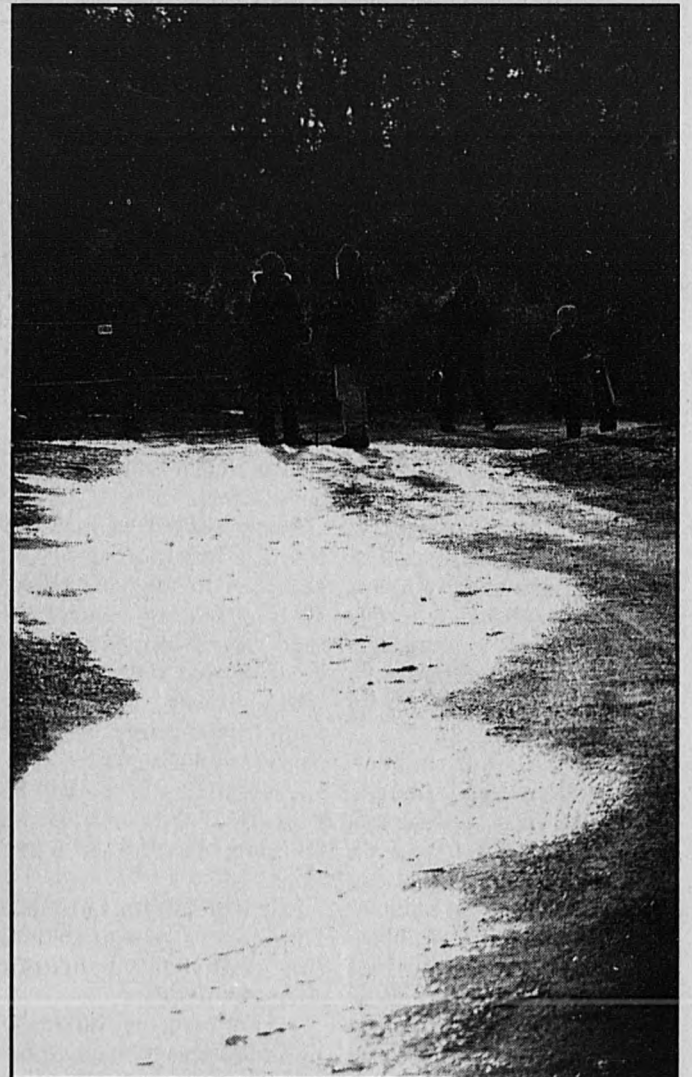
Photos by Lisa Aimola



Ana Bertino, 12, pets Pumpkin the Pony at the start of the New Year's Day Walk.



Nugget, a resident horse on Holly Hill Farm, makes a silly face in front of the "Please Do Not Feed The Horses" sign.



Visitors to the Holly Hill Farm finish up an afternoon nature walk on the property on Wed., Jan. 1.

Check these photos out in color online at: wickedlocalcohasset.com

Legal Notices

**MILLER ESTATE
LEGAL NOTICE**
Commonwealth of
Massachusetts
The Trial Court
Probate and Family
Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Docket No.
NO13P3185EA
**INFORMAL PROBATE
PUBLICATION NOTICE**

Estate of: Miriam Koenig
Miller

Also Known As: Mariam
K. Miller

Date of Death: November
6, 2012

To all persons interested in
the above-captioned estate,
by Petition of Petitioner
Mary Miller Ernst of
Cohasset MA a Will has
been admitted to informal
probate.

Mary Miller Ernst of
Cohasset MA has been
informally appointed as the
Personal Representative of
the estate to serve without

surety on the bond.

The estate is being admin-
istered under informal pro-
cedure by the Personal
Representative under the
Massachusetts Uniform
Probate Code without
supervision by the Court.
Inventory and accounts are
not required to be filed
with the Court, but interest-
ed parties are entitled to
petition the Court in any
matter relating to the estate,
including distribution of
assets and expenses of
administration. Interested
parties are entitled to peti-
tion the Court to institute
formal proceedings and to
obtain orders terminating
or restricting the powers of
Personal Representatives
appointed under informal
procedure. A copy of the
Petition and Will, if any,
can be obtained from the
Petitioner.

AD#13059736
Cohasset Mariner 1/17/14

**MCCARVILLE ESTATE
LEGAL NOTICE**
Commonwealth of
Massachusetts
The Trial Court
Probate and Family
Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Docket No.
NO13P3064EA
**INFORMAL PROBATE
PUBLICATION NOTICE**

Estate of: John William
McCarville

Date of Death: April 9,
2013

To all persons interested in
the above-captioned estate,
by Petition of Petitioner
Kevin J. McCarville of
Cohasset MA.

Kevin J. McCarville of
Cohasset MA has been
informally appointed as the
Personal Representative of
the estate to serve without
surety on the bond.

The estate is being admin-
istered under informal pro-
cedure by the Personal
Representative under the
Massachusetts Uniform

Probate Code without
supervision by the Court.
Inventory and accounts are
not required to be filed
with the Court, but interest-
ed parties are entitled to
notice regarding the admin-
istration from the Personal
Representative and can
petition the Court in any
matter relating to the
estate, including distribu-
tion of assets and expenses
of administration. Inter-
ested parties are entit-
led to petition the Court to
institute formal proceed-
ings and to obtain orders
terminating or restricting
the powers of Personal
Representatives appointed
under informal procedure.
A copy of the Petition and
Will, if any, can be
obtained from the
Petitioner.

AD#13061124
Cohasset Mariner 1/17/14

ZBA/234 KING ST.
**LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF
APPEALS**

A public hearing will be held
at the **Town Hall** on
Monday, February 3, 2014

Legal Notices

at 8:00PM to hear and act
upon an application for a
SPECIAL PERMIT pur-
suant to §§8.7.2 and 4.2 and
any further relief as the
Board deems appropriate.
The applicant, Fawn
Stevenson, seeks to build a
second story addition over an
existing first floor at 234
King Street (405 Chief
Justice Cushing Highway);
and operate as a Veterinary
Clinic. According to the
application on file in the
Town Clerk's Office. File
#13.12.17.

AD#13061746
Cohasset Mariner 1/17,
1/24/14

Muscular Dystrophy Association

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www.mdausa.org

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FOOD



WISE TO THE WORD

HALOUMI: Salty and textural, haloumi cheese actually squeaks when you eat it. With a high melting point, this semi-hard, unripened brined cheese is made from a mixture of goat's and sheep's milk, and sometimes also cow's milk. — *Cookthink*

FOOD FOR THOUGHT



BRANDPOINT

Travel snacks

Looking to take a road trip but dread hearing the infamous "Are we there yet?" or "Can we please, please stop for fast food?" questions? Never fear, registered dietitian, author and mother, Pamela Nisevich Bede, offers creative ways to keep your family (and you) satisfied and entertained while traveling.

Who cares if we're there yet? In addition to today's technological offerings, equip your pint-sized passengers with books and travel board games, and play no-equipment-needed games, such as license plate bingo, I Spy, or 20 Questions.

Energy to burn: You've got their minds exercised now, but what about their bodies? Do a little research ahead of time and plot your stops at rest areas that have green space. When you get there, do a quick round of jumping jacks or a 10-minute game of tag.

Plan ahead: There's nothing worse than being buckled in the car for hours with nothing healthy to snack on. For your next trip, avoid feeling trapped by packing all-natural, healthful snacks, such as nuts and dried fruit.

Drink up: Make sure you and your family stay hydrated during road trips by packing refillable water bottles for the long ride. Visit your local dollar store to stock up on different colored water bottles to assign to each person. If you're feeling crafty, have your kids decorate their own bottles with markers, stickers, puffy paint and anything creative from the craft store.

Don't fight it: When planning your next road trip, work with your child's schedule and not against it. Put them to bed at their regular time and feed them breakfast as you always would. For example, leave before the sun comes up so your child is still able to sleep during part of the ride. Once it's time for a rest stop, you'll be able to gas up and give your kids a proper, healthy breakfast at their regular time.

— Brandpoint

THE DISH ON...

"The Great American Slow Cooker Book: 500 Easy Recipes," by Bruce Weinstein

The ultimate in slow-cooker books — with 500 recipes, each adapted for three sizes of appliance.

From breakfast to soups, mains to grains, vegetables to desserts, this guide is the only book you'll ever need to master your slow cooker or Crock-Pot.

— Amazon

NUMBER TO KNOW

Use olive oil as butter substitute

430: Small substitutions are easy to do and make a noticeable difference.

By replacing 1 cup of butter with 3/4 cup of olive oil, you will save approximately 430 calories and 48 grams of fat calories.

— Brandpoint

Holiday hangover

A much-needed vacation from food

By Linda Bassett
More Content Now

I'm cooking plain and easy this week. Chicken rice soup, steamed vegetables, maybe soft scrambled eggs. I need a digestive rest after an onslaught of foods that don't visit my kitchen on an everyday basis.

The problem is not the food, all totally delicious, but the scheduling, day after day, sometimes all in one day. Sushi. Curry. Sriracha sauce. The pizza delivery guy at midnight. Gluten-free vs. whole grain. Vegetarian vs. vegan. (Those last requiring some refereeing.) As soon as the kids fly in from their far-flung corners of the world, their tastes rule.

Then, two Christmas dinner traditions, each devastatingly rich and labor intensive. An "extreme Brussels sprouts" recipe that includes epic amounts of bacon, butter, heavy cream, at least three cheeses and homemade breadcrumb topping, needs trimming, steaming, slicing, chopping, frying, whisking, grinding, toasting and baking. The second, a roasted yellow pepper soup with rosemary croutons, mascarpone cream and threads of golden olive oil means roasting, cleaning, chopping, sauteing and steaming — and that's just the peppers. Whew!

For the rest of the week, everyone took a turn at the stove. I was treated to Asian-inspired broccoli stir-fry, mind-blowing curried pork tenderloin and wild mushroom risotto rivaling anything from a restaurant, all proving the family motto, "Cooking is a Contact Sport" is still alive and well. But this generation's eating habits are not simply transported from a single ancestral country and folded into basic American, but world-wide flavors constantly mixed and matched on a culinary merry-go-round.

The kitchen will take weeks to put back in order. But I don't care. The keywords are "plain" and "easy."

Curried Pork Tenderloin with Dried Fruit Chutney

Makes 6 servings

- 2 T Dijon mustard
- 1 T curry powder
- 1 t cumin powder
- 1/2 t ground coriander or fennel seed
- 1 1/4 pork tenderloin
- 1 cup chutney, for serving

Preheat oven to 400 F. Blend together mustard and seasonings; rub all over the outside of the meat. Set aside in a roasting pan for 20 minutes.

Roast the meat for 18 to 20 minutes, until the internal temperature, measured with an oven thermometer, reaches about 160 F. While the meat roasts, make the chutney.

Dried Fruit Chutney

Makes about 2 cups. Any dried

fruits work here, although apricots, peaches and pineapple are most popular. Check the baking or cereal section of the supermarket for dried apricots, plums (aka prunes), raisins, pineapple, cherries to use in a mix.

Some cooks use powdered ginger, but fresh makes a big difference. Water can be replaced with orange or pineapple or lime juice.

- 1/4 cup apple cider vinegar
 - 1/2 cup water
 - 1/4 cup honey
 - Salt, fresh ground black pepper, to taste
 - 1/4 t ground red chili pepper, or to taste
 - 1 T peeled, minced fresh ginger
 - 2 T very finely chopped red onion
 - 20 pieces of dried fruit
- Combine all ingredients except the dried fruit in a small saucepan. Turn the heat to medium and bring to a boil. Stir.

Turn the heat down to a simmer and cook, 5 minutes.

Add the dried fruit. Continue cooking until all but a teaspoon or less of the liquid has evaporated. If the mixture is too thick and the fruit still not tender, add more water by the tablespoon and cook longer. Taste and add more seasoning if needed. Serve warm or at room temperature with the roasted pork.

Asian-Style Broccoli Stir Fry

Makes 4 servings. Do not step away from the stove when toasting sesame seeds. That's when they decide to burn. The cook can substitute cauliflower for the broccoli or use a combination of both.

- 1 T sesame seeds
- 1 cup vegetable stock
- 2 t cornstarch
- 2 T finely chopped fresh ginger
- 1 T reduced-sodium soy sauce
- 1 T vegetable oil
- 1 clove garlic, split

■ 1 pound broccoli florets

Cook sesame seeds, in a small stick-free skillet, over medium heat, stirring constantly, about 2 minutes until golden. Set aside.

Whisk stock and cornstarch together in a bowl. Add ginger and soy sauce. Set aside.

Heat oil in a large skillet over medium heat. Add garlic and cook just until it sizzles; remove. Add broccoli; cook, stirring for 2 minutes. Whisk in stock mixture. Cover and cook for 3 to 4 minutes until broccoli is tender-crisp. Remove from heat. Sprinkle with sesame seeds to serve.

Linda Bassett is the author of "From Apple Pie to Pad Thai: Neighborhood Cooking North of Boston." Reach her by email at KitchenCall@aol.com. Read Linda's blog at LindABCooks.wordpress.com. Follow Linda for quick recipes on Twitter at @KitchenCall.

Common vegetables create a satisfying Winter Minestrone

You can use almost any vegetable lingering in your fridge to make this soup (although we might skip broccoli and cauliflower). It's great with a can of white beans thrown in, too. The hearty kale stands up to the wheat berries, but you can use almost any green. Look for wheat berries next to the grains in the supermarket.

Winter Minestrone

Serves 8.

- 1 T extra-virgin olive oil
- 4 green onions, chopped
- 1/2 red or white onion, chopped
- 1 celery stalk, chopped
- 3 large carrots, chopped
- 4 ounces finely chopped shaved deli ham
- 3 cups water
- 3 cups reduced-sodium chicken broth

- 1 cup wheat berries, rinsed
- 1 Parmigiano Reggiano cheese rind
- 2 bay leaves
- 1/2 t salt
- Freshly ground black pepper
- 1 (14-ounce) can diced tomatoes with basil
- 1 (1-pound) bag kale, chopped
- 4 toasted pita breads

Heat oil in a large saucepan or Dutch oven. Add onions, celery, carrots and ham.

Saute 10 minutes. Add water and next 6 ingredients (water through pepper).

Bring to a boil; reduce heat and simmer, covered, until wheat berries are tender, about 30 minutes. Stir in tomatoes and kale; cook until thoroughly heated. Re-

move rind before serving.

The longer the soup sits with the cheese rind, the more intense the flavor. Serve with toasted pita bread. Serves 8.

Per serving: 260 calories, 3g fat, 10mg cholesterol, 12g protein, 47g carbs, 6g fiber, 880mg sodium.

— Recipe by Jill Melton, Relish editor

**SALOME'S STARS
FOR RELEASE WEEK OF
JAN. 27, 2014**

LIBRA (September 23 to October 22)
You might feel obligated to help work

(c) 2014 King Features Synd., Inc.

BORN THIS WEEK: Your ability to reach out to those in need of spiritual comfort makes you a much-revered, much-loved person in your community.

	9	3			7		4	
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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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ACROSS	52 "... Mac — PC?"	104 "— for Cookie" ("Sesame Street" tune)	4 Publication that's quickly thumbed	44 Give a — (care)	86 Bancroft of "7 Women"
1 Symbol before a key signature	53 Suffix with schnozz or Motor	105 Awakens	5 Add— (peripherals)	45 Suffix with east	87 Ollas, e.g.
5 Neighbor of Kauai	55 "Come again?"	106 Oom—	6 Bus. rep	46 With 62- Down, rotten sort	89 Ida, neighbor
9 Actress Fox	56 Brief moment	108 Subjected to severe trials	7 Arrive at, as a solution	47 Dumbbell	92 Casino game
14 Produces a winter blanket?	57 Past proper limits	113 Gof surprise	8 Not masked	49 Extent	94 Ottawa site
19 Arriving like fog	64 Ending for opal	114 "Ad — per aspera" (Kansas' motto)	9 Stat of fuel efficiency	50 Handle the helm	96 Quito's land
21 Prefix with anthropology	65 Bring forth	115 Co. offering a Buddy List	10 Gift for music	54 Timmy's TV dog	97 Autograph: Abbr.
22 Smith's tool	66 Union topic	116 "The Family Circus"	11 One peeking	57 Yogi of baseball	98 Suffix with child
23 Out of character	67 Lower exterior part of a ship's hull	117 "The Family Circus" cartoonist	12 Vowel string	58 Inflated head	99 Easter eats
25 Hard up	69 L'Oreal rival	118 "The Family Circus" Bil	13 Amateur	59 Lemon-hued	100 "— tu" (Verdi aria)
26 Barks in pain	72 "Nothing —"	119 "The Family Circus" Bil	14 Italian	60 Be snaky	101 Oktoberfest dances
27 Suffix with meteor	74 Finer in meaning	120 Shah, e.g.	15 Dayton city	61 Sci-fi's Solo	103 Maestro Toscanini
28 Without face value, as stock	76 Taxing work	122 A bit ill	16 Way up there in years	62 See 46- Down	106 City of Light
30 Theologian's subj.	77 Construction beams with 90-degree angles	127 Shah, e.g.	17 Broader	63 Tapered off	107 Lexus rival
31 Not up on current trends	79 Buenos —, Argentina	128 Hen's resting place	18 In a foxy way	65 Prefix with diversity	109 "To be — ..."
36 Take a whack	80 Gold, to Julio	129 Remove from a computer	20 Enlarged paper details	68 "— a snap!"	110 Rat-a- —
37 States north of Nebraska	81 Loony	130 Arranged for "others"	24 D.C.	70 Lash of Western films	111 Dull
40 Bauxite, e.g.	85 Drink like Fido	131 Spanish for "others"	29 Declaration	71 Exempt from regulations	112 Justice Kagan
41 Pizzaz	88 S-X linkup	132 Challenge for a lab rat	32 Holds	72 Pol Quayle	117 Figuring-out shouts
43 Applying to all	90 Woody's, e.g.	133 "To be," Tiberius	33 Suffix with 58-Down	73 Municipal statute: Abbr.	118 "Little House on the Prairie" shopkeeper
48 Ones going a-courting	91 Have unpaid bills	DOWN	34 "Woo- —!"	75 Banquet liquid holder	119 — Stanley Gardner
51 Reassuring words after an accident	92 Washoe County seat	1 Big name in early computers	37 Speech spot	78 Onion or lily	121 Oscope-wielding doc
	93 "So long"	2 Theater area	38 Peak	79 Help in crime	123 That, to Tito
	95 Irrelevant	3 Airline to Ben Gurion	39 Lay of fast-food fame	82 Beats (up)	124 ACLU issues: Abbr.
	102 Its capital is Nuku'alofa		42 Punch noise	83 Coal carrier	125 Oz musical, with "The"
				84 Lea lady?	126 Suffix with propyl
				85 Luau gifts	

U E Y B Y Y V S P M J H E B Y
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W T L A L L E Y O O P T I O N
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Slapshot
Squeeze play
Toe drag

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9	1	4	6	5	8	2	3	7
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CALENDAR



The Coffeehouse off the Square welcomes Jen Chapin

WHEN: Open mike 8 to 8:30 p.m. Saturday, Jan. 18.
WHERE: Old Ship Church Parish House, 107 Main St. Hingham Square
INFO: Jen Chapin's music has been called urban folk soul - story songs that search for community and shared meaning and are powered by the funk and improvisation of the city and by her own passion and creativity. Admission is \$12 at the door. (Sorry, no reservations) and (frequently home-made) desserts and beverages are \$1. Proceeds benefit the Unitarian-Universalist Service Committee. 781-749-1767.

I WANT MY MTV: featuring Rubix Kube

WHEN: 8 p.m. Saturday, Jan. 18
WHERE: The Company Theatre, 30 Accord Park Drive, Norwell.
INFO: Rubix Kube, the ultimate 80s tribute band. Relive all those really cool MTV videos of the 1980s, from Billy Idol, to Pat Benatar, to Cyndi Lauper! See them again on the screen and hear them performed live by Rubix Kube. Tickets priced at \$29 are available at the box-office, by phone at 781-871-2787, and online at www.companytheatre.com.



Pine Cone Wreath Workshop with Alma Morrison

WHEN: 7 to 9 p.m. Wednesday, Jan. 22.
WHERE: Scituate Public Library, 85 Branch St., Scituate.
INFO: Scituate Arts Association's Meet the Artist: Alma Morrison, a gallery artisan and Scituate resident, will demonstrate the construction of year-round wreaths from all-natural materials. Advanced registration is requested as Alma will be preparing the wreath bases in advance. A small fee of \$8 is requested to cover material costs. ScituateArt.com, e-mail jcornacch@aol.com, or phone 781-608-9691.



SATURDAY, JAN. 18

Marshfield Farmers' Market, Free 10 a.m. to 2 p.m. at the Marshfield Fairgrounds indoors. Shop 35 local vendors for fresh produce, meat, fish, bakery, hot food and select artisans. Live music, a free talk on bread baking and free kids' activity makes it a great escape. Enter from Route 3A gate. Easy handicapped and stroller access. MarshfieldFair.org/fm.htm or call 781-635-0889 for information.

Artist reception, During the months of January and February, "Drawing from Nature," an exhibition of colored pencil drawings by Deborah Friedman, will be featured at the Helen Bumpus Gallery, on the main level of the Duxbury Free Library, 77 Alden St., Duxbury. The exhibition may be viewed during regular library hours. A reception to meet the artist will be held at the gallery from 2 to 4 p.m. today. Complimentary refreshments will be served and all are invited to attend. For more information visit online and join the email list: helenbumpusgallery.com.

Hansel & Gretel, a marionette show by Poole Hall Puppets at 11 a.m. This classic fairy tale, performed with antique puppets, uses a vintage recording with original music from the opera by Engelbert Humperdinck at Channing Church, 45 Webster St., Rockland. Tickets at the door with a \$3 suggested donation. Refreshments include an edible witch's gingerbread house. All ages welcome, information contact: john@burrows.com.

South Street Gallery, will feature all new paintings of Abington artist Dianne Panarelli Miller. The title of this exhibit "All New: A Little Bit of Everything" says it all: there will be landscapes, seascapes, cityscapes, still-lives and portraits on display, and to mention a few places - Hingham, Boston, Nantucket, Florida, Italy. The exhibit will be on display Jan 17 through Feb. 28. Opening reception on Friday Jan.17, from 6 to 9 p.m. South Street Gallery, 149 South St., Hingham.

Free Storytime 11 a.m. featuring "The Snatchabook" children's picture book by Helen and Thomas Docherty, at The Barnes & Noble, Derby Street Shoppes, Hingham for children ages 3 to 6 and their parents.

Psychic Mind-Blowing Comedy Show with Jon Stetson. Dinner theater at the John Carver Inn & Spa, 25 Summer St., Plymouth. Buffet dinner and live show, \$59.95. Show only, \$25. Doors open 7 p.m. See www.johncarverinn.com/theater or call 855-318-9749.

Psychic Medium Jessica Costello at 7:30 p.m. OnStage Live at The Book Shack in Independence Mall, Kingston. General admission tickets are available for \$25. Tickets are available for purchase at The Book Shack and online at www.LLPresents.com or by calling the box office at 855-998-2324 from 9 to 5 p.m. Monday-Friday.

Jen Chapin at The Coffeehouse off the Square is at the Old Ship Church Parish House, 107 Main St. Hingham Square. Open mike from 8 to 8:30 p.m. Admission is \$12 at the door. (Sorry, no reservations) and (frequently home-made) desserts and beverages are \$1.00. Proceeds benefit the Unitarian-Universalist Service Committee. 781-749-1767.

RUBIX KUBE, the ultimate 80s tribute band at The Company Theatre, 30 Accord Park Drive, Norwell. 8 p.m. Tickets priced at \$29 are available at the box-office, by phone at 781-871-2787, and online at www.companytheatre.com.

John Foster at Turner's Yard, 615 Washington St., Pembroke. 9 p.m. 781-826-2532.

Soul Box at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Too Loud at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com

Second Chance at Tinker's Son, 707 Main St., Norwell. 9 p.m. 781-561-7361.

In Session at Next Page Café 550 Broad St., Weymouth. 8 p.m. 781-340-1300.

Gary Lamb at 8 p.m. at the WaterFire Tavern at the John Carver Inn & Spa, 25 Summer St., Plymouth, 855-580-5665.

DJ Skip at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

The Waves at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com.

Rock Star Posers at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

SUNDAY, JAN. 19

Painting demo, Liz Haywood-Sullivan, member of the Pastel Painters Society of Cape Cod and the Pastel Society of America, who is represented by Vose Gallery in Boston, will give a painting demonstration from 2 to 4 p.m. at The Art Complex Museum, 189 Alden St., Duxbury. The program corresponds with the current exhibit, "Painting New England in Pastel," on view in Bengtz Gallery. All are welcome. Further information is available at 781-934-6634, ext. 10, or sally@artcomplex.org.

Robert Margo and Mark Davis will give a free performance featuring classical guitar and mandolin at the Hingham Public Library, 66 Leavitt St., Hingham at 3 p.m. The concert is sponsored by the Boston Classical Guitar Society and the Hingham Public Library. Seating begins at 2:30 p.m. 781-741-1405 or go to www.hinghamlibrary.org

Traditional Irish Session with Skip Toomey every Sunday from 11 a.m. to 2 p.m. at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. thetinkerson.com, 781-561-7361.

Splash of Blues Blue Jam from 4 to 8 p.m. at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com

Open mike with Bill Downes at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. thetinkerson.com, 781-561-7361.

Country Night at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

MONDAY, JAN. 20

Martin Luther King Jr. celebration, Massasoit Community College will host its 12th annual Martin Luther King Jr. celebration, entitled "Living Dr. King's Legacy: Making a Career of Humanity," from 2 to 4 p.m. at the Buckley Performing Arts Center at the college, 1 Massasoit Blvd., Brockton. Light refreshments will be served. Free and open to the public. For more information, call the Office for Institutional Diversity at 508-588-9100, ext. 1309.

New Beginnings Singles Support Group. Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit <http://nbnorwell.org/>, email at info@nbnorwell.org or call 781-499-2659. Meetings at 391 Washington St., Hanover. New Beginnings is not a dating service. They are a singles support organization dedicated to healing, growing and learning. Tonight: Pot Luck Supper.

Country Line Dancing every Monday night 7 p.m. at Venus II, Brant Rock, Marshfield.

Johnny Chebator, 9 p.m. every Monday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Texas Hold'em with the Northern Poker League at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022.

HOW TO SUBMIT

Planning an event? Send your event information by email to scalendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

Karaoke with Jeff Baker at 9 p.m. at Sam Diego's, 51 Main St., Plymouth, 508-747-0048.

TUESDAY, JAN. 21

Irish Sessions every Tuesday at Turner's Yard, 615 Washington St., Pembroke. 7 p.m. 781-826-2532.

Jazz at Martini's, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit www.martini-plymouth.com for information.

Wicked Trivia with DJ Dave 7:30-9:30 p.m. at British Beer Company, 2294 State Road, Plymouth (Cedarville), 508-888-9756, www.britishbeer.com.

Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

Steve Mazzetta will perform at British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

Karaoke at 8 p.m. every Tuesday at Shanty Rose, 16 Town Wharf, Plymouth, 508-746-7673.

WEDNESDAY, JAN. 22

Pine Cone Wreath Workshop - Scituate Arts Association's Meet the Artist: Alma Morrison, a gallery artisan and Scituate resident, will demonstrate the construction of year-round wreaths from all-natural materials at the January session of the SAA's Meet the Artist Series held from 7 to 9 p.m. at the Scituate Public Library, 85 Branch St., Scituate. Advanced registration is requested as Alma will be preparing the wreath bases in advance. A small fee of (\$8) is requested to cover material costs. ScituateArt.com, e-mail jcornacch@aol.com, or phone 781-608-9691.

Book signing, Pilgrim Hall Museum, 75 Court St., Plymouth, will host a lecture and book signing at 10 a.m. by James W. Baker. His new book, "Plymouth Through Time," released in December, compares historical photographs taken throughout Plymouth over roughly 100 years with present day images of the same locations. Copies of the book will be available for purchase and signing. The program is free with museum admission (no admission charge for members of the Pilgrim Society and Plymouth residents). For more information, call Pilgrim Hall Museum at 508-746-1620, ext. 7, or visit the website at www.pilgrimhallmuseum.org.

Panel discussion on healthy eating at Duxbury Performing Arts Center, 73 Alden St., Duxbury, with a 6:30 p.m. reception and 7 p.m. presentation from the panelists. Learn how to eat healthy in a convenience driven world, proper nutrition for athletes, how to recognize eating disorders in adolescents and the newest federal and state guidelines for school lunches. This program is sponsored by The Parent Connection, Beth Israel Deaconess Hospital-Plymouth (formerly Jordan Hospital) and Duxbury Public Schools. It is suitable for parents/caregivers, educators and students. Tickets are available online for \$5 at www.theparentconnection.org or for \$7 at the door.

Free Pathways Connect Parent's Group from noon to 1:30 p.m. at Cohasset Family Chiropractic, 814 C.J. Cushing Highway, Route 3A, Cohasset. Join other conscious living parents to discuss the topics in the latest Pathways to Family Wellness magazine. Dr Lisa

Lewis 781-923-1226, www.CohassetFamilyChiro.com

Country Night with DJ Cowboy, free line dance lessons from 7 to 9 p.m. every Wednesday at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com

The Session at Tinker's Son, 707 Main St., Norwell. 7 p.m. every Wednesday 781-561-7361.

Team Trivia at 7 p.m. every Wednesday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Trivia night 7:30 p.m. every Wednesday, at the Shanty Rose, 16 Town Wharf, Plymouth.

Karaoke night at the Black Raspberry Pub, 9 p.m., 36 Cordage Park Circle, Plymouth.

Aldous Collins Band at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit www.britishbeer.com.

THURSDAY, JAN. 23

Blues Invitational Bruce Bears with Toni Lynn Washington at Turner's Yard, 615 Washington St., Pembroke. 7 p.m. 781-826-2532.

Ed Scheer on drums with Willie J Laws Band at 8 p.m. Open Mike at 9 p.m. Free pizza at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Irish Music and more, the Lucky Seven's open seisiun at the Kingsbury Club Pub, 186 Summer St., Kingston, 7-10 p.m. every Thursday. All welcome; come listen, sing, play, enjoy. For more information, call Bill Underhill, 781-585-1042.

Mark T. Small performs at 7 p.m. every Thursday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Mark Purcell performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

Fil Pacino at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

Live bands at East Bay Grille, 175 Water St., Plymouth, 508-746-9751, www.eastbaygrille.com.

FRIDAY, JAN. 24

Vamborkestra at Turner's Yard, 615 Washington St., Pembroke. 9 p.m. 781-826-2532.

Gary Lamb at 8 p.m. at the WaterFire Tavern at the John Carver Inn & Spa, 25 Summer St., Plymouth, 855-580-5665.

Karaoke Night every Friday at 8 p.m. at American Legion Post 40, 199 Federal Furnace Road, Plymouth, open to the public. Call 508-746-0009 for details.

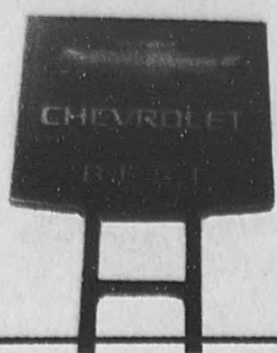
Jackson Wetherbee Band at British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

Cover Story at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com.

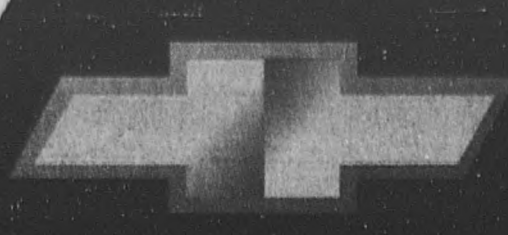
Sound Tower at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, southshoresportsbar.com

Harbour Bouys at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

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